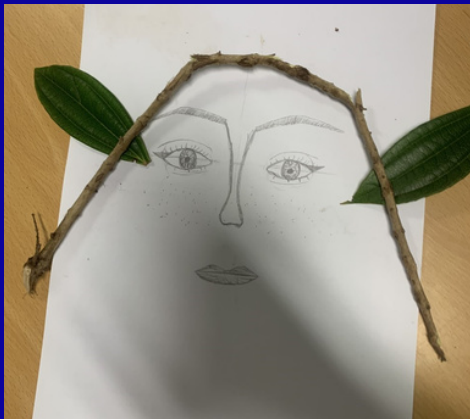




Dear Parents, Carers and Students

## LOTS HAPPENING FOR CHILDREN'S MENTAL HEALTH WEEK!



Dear Parents, Carers and Students,

Yesterday, Year 7 took part in the Young Green Briton Eco Day, organised by Ms Board and Ms Jones. It was great fun as Year 7 worked in teams to discuss the eco challenges we face as a planet. They were invited to come up with innovative ideas to improve air pollution, stop single use plastics and reduce litter.

Mr East was very impressed with the final presentations that were shared at the end of the day, and judges from Young Green Briton confirmed that BFS had been the most enthusiastic school they had worked with to date. Well done Year 7!

Also, this week Year 11 food students took their practical exams, a process very similar to the MasterChef competition you see on the TV! Students took it very seriously and the standard was extremely high this year. I hope you enjoy looking at the photos we have included in this newsletter. The food tasted amazing too!

Year 11 History students went on a revision History trip in Bristol city centre on Thursday. The Doctors Show and Hitler on Trial were well acted and very engaging with lots of information for the upcoming mocks after half term. Thank you to Mr Ruston and team for organising this valuable experience.

We have very exciting news regarding the U14 Girls Football Team who have now reached the final 8 in the national football competition. Mrs Ballard is negotiating a neutral pitch to play this important next match. When we know the location, we hope we can get some spectators to the game. Our girls need our support as they close in on the semi-finals!

Next week is half term and there will be some holiday revision sessions running for Year 11. Please check Mr Fernandes' recent letter home for details.

Thank you for your continued support and have a happy half term!



**MRS S KING**

# KEY DATES

- Friday 10 February - End of Term
- Tuesday 21 February - U15 Indoor Cricket @ RGS (12.30pm - 3.30pm)
- Thursday 23 February - Y12 & Y13 Live Theatre - Othello (evening showing)
- Wednesday 1 March - Y8 Rugby Sevens Tournament @ QEH



# BFS CAREERS

## MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER

Today we were delighted to host Stephen Beggs for our employer talk about careers in civil and structural engineering.

Stephen is a director at Curtins, which is an award-winning, leading consultancy working within the built environment. They are well known for their work as civil and structural engineers and have numerous offices around the UK. Stephen gave an inspirational talk on the numerous opportunities available in the civil engineering industry. He spoke to the students about what to expect when working as a civil engineer and the many exciting projects students could potentially work on worldwide. Stephen also invited a current apprentice and university graduate to the talk, so the students were able to hear about their entry routes into civil engineering. It was great for the students to hear first hand what life is like as an apprentice and also a university student on a placement year.

Their website, has a useful guide on the different entry routes and careers options:

<https://www.curtins.com/careers/>

# Y9 'WOW' STUDENTS



Congratulations to Sadane (9TG2), Ellie (9TG4) and Ella (9TG7) who are the first students at BFS this academic year to reach 200 house points! Both students are an asset to their tutor groups, year group and school community. Enjoy your 'jump the queue' passes next term.

# WORD MILLIONAIRE

We would like to say a massive congratulations to Emily R in Year 7 who is our first student to hit the million-word target this term. Emily has read twenty-four Accelerated Reader books since the beginning of Term 3, and passed all of the accompanying quizzes. Well done, Emily!

There is still plenty of time for our Year 7 and 8 students to reach the top of the Word Wall. Many of them have already read over a quarter of a million words! The counter will run until the end of Term 4 when it will be reset. Every Word Millionaire will be entered into the prize draw which will be held towards the end of next term.

Happy half term and keep reading!







MS BALLARD

# BFS SPORT



## U14 GIRLS FOOTBALL

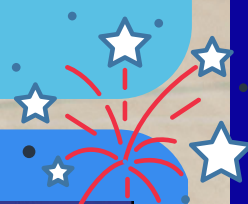
### BFS V OAB

Another squad rotation for the U14 Girls Football Team this week against Oasis Brightstowe.

Emily W opened the scoring after just 4 minutes. Polly made it 2-0 with a superb strike from the edge of the box. Bethan scored her first goal for the school to make it 3-0 after a through ball from Polly. From then on, the goals kept flowing with a full time score of 13-1!

Goal scorers were Polly (5) Bethan (3) Molly (2) Emily W, Matilda and Jess. Matilda and Jess also scored their first goals for the school - well done! Big thank you to our volunteer goalkeepers: Libby, Flo, Matilda, Jess and Bethan.


Another top performance! Polly was voted Player of the Match by the opposition. St Bede's are up next after half term.



After being broadcast live from West Bromwich Albion's stadium on Monday, we have been drawn at home in the quarter-finals.

Details of the location and date will be confirmed as soon as possible.

**PLAYSTATION U14 SCHOOLS' CUP FOR GIRLS**  
**QUARTER-FINAL DRAW**  
**TIES TO BE PLAYED ON OR BEFORE**



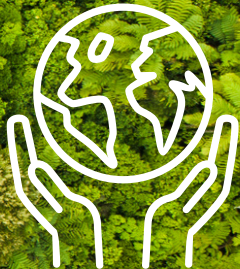
STRATFORD UPON AVON SCH. / THOMAS TELFORD	Vs.	WRIGHT ROBINSON
HASLINGDEN / LYMM	Vs.	SOUTH HUNSLEY SCH. & VI FORM COLL.
SURBITON H. SCH.	Vs.	SHENFIELD / ST CLEMENT DANES
BRISTOL FREE SCH.	Vs.	DAME ALICE OWEN'S SCH.





SUSIE 10TG2

# BFS SUSTAINABILITY



On Thursday afternoon, Hugh, Ann, our catering manager, our business manager and I went to Clifton High School for the Bristol Education Partnership food sustainability towards net zero event. We were joined by catering managers and food teachers from all of the schools in the partnership as well as charity experts from local food charities and lots of other professionals from a wide range of backgrounds.

We were given presentations from local farmers who practise sustainable farming, and the previous headteacher of a primary school who managed to get his school to a very food sustainable status. We had lots of time to learn from other schools in discussion groups and provided valuable perspective as young people to our groups.

From this meeting, we have found that BFS does lots to reduce food waste but more is on the way. Watch this space!




# BFS MFL



MR NOUAS



At Bristol Free School, there are over 40 languages spoken by students and staff. This is something which is celebrated in our school, and the Language Ambassadors have created and put up posters saying how to say "Hello" in each of those languages to promote our diversity as a school community! You will find these posters when walking down the corridor in upper D block. Can you find the language you speak?







# BES SIXTH FORM

MR SMITH

## STUDENT LEADERSHIP



CANFORD



DURDHAM



BLAISE



ASHTON

Today, the House Parliament met to continue the projects that they have been working on throughout the year to support the school in becoming greener, promoting inclusion and wellbeing, and fundraising for local and national charities.



We were also joined by regional representatives from our catering company, Innovate, who took part in a Q&A with the students about the canteen. Examples of the themes discussed were:

- Q: How does the canteen deal with food waste? A: The majority of excess food is recycled and some food also goes to a charity called 'Olio' who then distribute it to those experiencing food poverty.
- Q: Is it possible to have a variety of toppings if students don't like certain foods? A: Servers are more than happy to make adjustments and remove certain items, please do ask!
- Q: Is it possible to have stickers for vegetarian food in case items are moved? A: Yes, we can look into it and get back to you.

As it is Appreciation Week in school, the students were also keen to thank the canteen staff for all of their hard work and for being so friendly and supportive when the students are being served.





# BFS SCIENCE



## MS BOARD A WEEK OF SCIENCE CELEBRATION!

This week saw some notable dates in the world of Science! On Tuesday, National Periodic Table Day and on Saturday, the International Day of Women and Girls in Science. To mark the occasion, the Science Department have written about their favourite elements and some remarkable female Scientists.

### PERIODIC TABLE DAY – CELEBRATING THE FIRST PUBLICATION OF THE PERIODIC TABLE

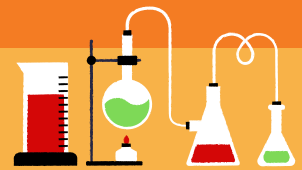
#### MISS KELLY

Element: Bismuth

It looks like it was plucked straight out of a sci-fi film; versatile and beautiful. Absolutely unreal element!

#### MISS HAWES

Element: Antimony



It has such an interesting history; originally used by the Ancient Egyptians in their eyeliner and mascara to make it black. In Medieval times, it was used medicinally as a reusable laxative and passed down generations.

#### MR GILES

Element: Carbon

This is the magic element for everything on Earth. All life on Earth depends on carbon. It is in nearly every biological compound that makes up our bodies, systems, organs, cells, and organelles.



#### MS SHEEHAN

Element: Tungsten

Underrepresented and has a lot of applications, including incandescent light bulb filaments, X-ray tubes, electrodes in gas tungsten arc welding, super alloys and radiation shielding.

#### MS BOARD

Element: Potassium

Have a guess! It's full of energy and fizzes around, burns with a colourful lilac flame and it's symbol is a K!

#### MR MILSTEAD

Element: Cesium

It is the perfect example of controlled chaos; it is the radioactive residue of nuclear explosions and is one of the five elements that can be found in a liquid state at room temperature.

#### MISS MAGGS

Element: Iron

Because naturally I love all elements whose symbols don't obviously match up, and we wouldn't have Mater from Cars without it!

#### DR GREGSON

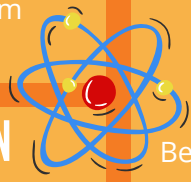
Element: Phosphorous

The elemental molecules P<sub>4</sub> and P<sub>8</sub> have interesting shapes, bonding and reactivity and when phosphorous is combined with oxygen as a phosphate, it helps form the backbone of life (DNA)!

#### MR HAMILTON

Element: Carbon

You can't have life without it!



#### DR MARTIN

Element: Selenium

Because it can be used to destroy Nitrogen based aliens.

#### MR INNES

Element: Astatine

Because it is the rarest naturally occurring element; if it was a trading card, it would be shiny!

#### MR LALLY

Element: Hydrogen

It's the OG. As far as I'm concerned, all other elements are just wannabes and imitators.





# BFS SCIENCE



## INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE



A DAY TO MARK AND CELEBRATE ALL WOMEN IN SCIENCE, PAST AND PRESENT.

### DR MARTIN

Rosalind Franklin because she worked on a whole range of different methods to get x-ray structures of lipids and proteins that no one else really understood at the time, and would take a whole research group to achieve now! She was invited to Kings College London to work on the structure of DNA, but once she had the data, she was told to leave and not talk about her discoveries. Watson and Crick then got all the credit for the discovery shortly after using her data.

### DR GREGSON

Dorothy Hodgkin – pioneering work in biochemistry and for overcoming barriers to education.



### MR LALLY

Alice Roberts - biological anthropologist who is a great science communicator, funny and from Bristol!

### MR GILES

Shi Zhengli is a Chinese virologist who researches SARS-like coronaviruses of bat origin. She came to prominence in the popular press as “Batwoman” during the COVID-19 pandemic for her work with bat coronaviruses. Shi was included in Times 100 Most Influential People of 2020.

### MS SHEEHAN

Agnes Clerke, astronomer, born in Skibbereen, Cork. She wrote 'A Popular History of Astronomy during the Nineteenth Century.'

### MISS MAGGS

Mary Dell Chilton because anything biotech is cool, and she helped develop the 1st transgenic plant and is nicknamed "Queen of Agrobacterium" which makes me jealous.

### MR HAMILTON

Dr Maggie Aderin-Pocock. Brilliant scientist and communicator; talks at major international conferences and still finds time to do programmes on CBBC. My children loved them!



### MR MILSTEAD

Gladys West was fundamental in the research required for GPS to work, and I rely on google maps to get me anywhere!



### MISS HAWES

Maria Sibylla Merian - The woman whose paintings changed science forever! Showing us the importance of recording results and biological drawing. [Link here](#)

### MR INNES

Katherine Freese - a modern day theoretical astrophysicist who was a major influence in early research in dark matter and dark energy.

### MISS KELLY

Dr Jen Gupta, astrophysicist and science comedian. So smart, so engaging, and devastatingly funny. I just want to be her when I grow up!

### MS BOARD

Dr Jess Wade BEM- Physicist and STEMInist champion! After finding out that women have been almost completely omitted from the history of Science, Jess has spent the last few years (alongside her actual work in materials Science) creating over 1750 Wikipedia articles about notable women in Science, and helping to combat the huge gender imbalance in the field.

Dr Anne Marie Imafidon MBE - Computer Scientist, Founder of STEMettes, STEMInist hero and mathematician on Countdown! STEMettes is a social enterprise driving change in STEM to address the gender imbalance. Since 2013, STEMettes has reached over 50,000 young women and encouraged them to pursue study or a career in STEM.

Ms Sheehan, Miss Kelly, Dr Gregson and Miss Hawes! All my favourite women in Science, all in one department! All of our Science team are incredible role models and STEMInists, I love working with such an amazing team!



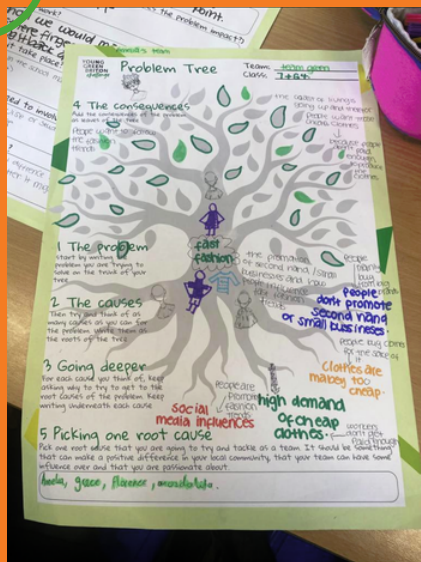
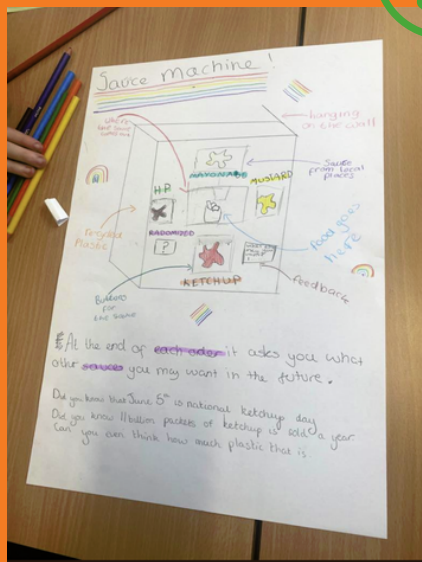
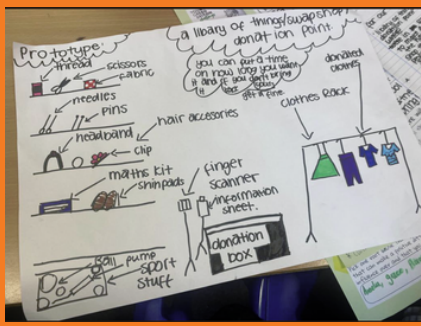
# BFS SCIENCE



## YOUNG GREEN BRITON CHALLENGE

This Thursday, Year 7 were all off timetable to experience the Design Sprint as part of their Young Green Briton Challenge. We have been working on finding and creating solutions to combat climate change and other environmental issues, both here and globally-focussing, especially on the #BFSCommunity. As part of our tutor programme this term, students have formed mini action groups to come up with ideas that could be used right here at school. Amongst the problems identified are Fast Fashion, litter, lack of habitats for wildlife and food waste.

Students were tasked with presenting their idea in a fun and engaging way, as eventually they will be pitching for actual funding to turn their ideas in to reality. All of Year 7 worked so hard on their presentations and were positive and encouraging to their peers. They were a real credit to the school, with the organisers commenting how great they were. We can't wait for the next round; a Dragon's Den-style competition to win the funding, plus the national finals in June.



A huge thank you to the Young Green Briton team, all the staff who contributed, but mostly to our fab Year 7s!



# BFS COMPUTER SCIENCE



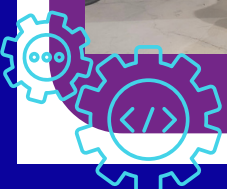
MRS RAMANANDI

## CYBERFIRST GIRLS COMPETITION RESULTS!

Rank	Name
1	Ribston Hall High School
2	Bristol Free School
3	Denmark Road High School
4	Parkstone Grammar School
5	The Castle School
6	The Crypt School
7	St John's, Marlborough
8	Hardenhuish School
9	St Augustine's Catholic School
10	Bournemouth School for Girls
11	Stroud High School
12	Fairlands Middle School.

Huge congratulations to Emily, Katherine, Rosie and Libby for finishing as runners-up in CyberFirst's Girls competition held at the amazing Defence Academy of the United Kingdom in Shrivenham.

More than 10,000 girls and 100 schools participated in the competition. Out of these, only 12 schools and 46 girls qualified for finals, and Bristol Free School came second in the competition! Here is the final leaderboard.





# BFS SOCIOLOGY



MS TOVEY

## SOCIOLOGY COMPETITION RESULTS!

Thank you so much to all you wonderful students out there who submitted an entry to the Sociology competition. I had such a great time reviewing them and I can honestly say that I was introduced to arguments I had not even thought of myself! You all did a fantastic job of thinking about both sides of the argument and coming to a well-evidenced, considered conclusion.

There were so many entries that judging them was challenging – I have therefore decided to give a 3rd, joint 2nd and joint 1st place, but you are all worthy winners! Anybody who entered, please pop down to DG16 to claim a small prize.



3rd: Leah (11TG7)  
Joint 2nd: Freddie (12TG3) and Charlotte (9TG3)  
Joint 1st: Azin (12TG3) and Ben (9TG7)



I have included some quotes from various entries that stood out to me. Thank you all again and keep your eyes peeled for an upcoming psychology competition!

"Let's be clear; the focus needs to be on making abusers change their behaviour and on punishing them harshly if they don't, not on telling women they need to behave differently to avoid being assaulted"

Honey, 9TG7



"I do not think this is classed as segregation. I do not see the problem with this idea if it makes women feel safer."

Jakub, 7TG7

"It teaches young girls they should be scared of males and should stay away from them by building a physical barrier between them"

Charlotte, 9TG3

"Men who have been assaulted in the past may also believe that excessive protection for women and a lack of it for men invalidates their previous experiences and could lead to even less men admitting to being a victim"

Leah, 11TG7

"More encouragement from the media – via newspaper articles or influential individuals – for men to challenge seemingly harmless jokes in their friend groups about misconduct towards women should be normalised, and not have the toxic undertones of bigoted individuals calling it 'woke'"

Freddie, 12TG3

"Having women only carriages would also lead to an increase in homophobia as people would say that non-binary or gender fluid people couldn't enter a women only carriage and would be asked in the main carriage why they were there"

Emily, 9TG5



# THIS WEEK IN ART Y10 GCSE PHOTOGRAPHY

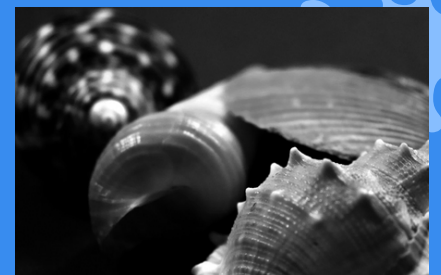
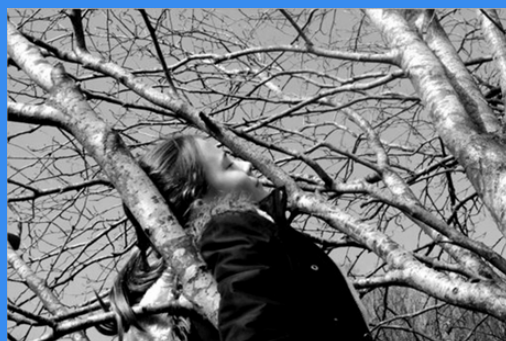
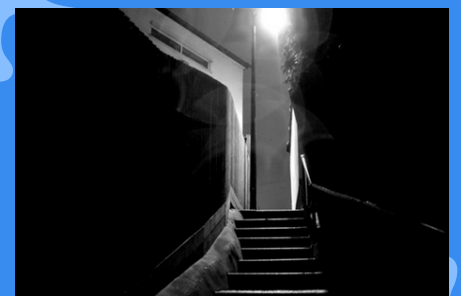
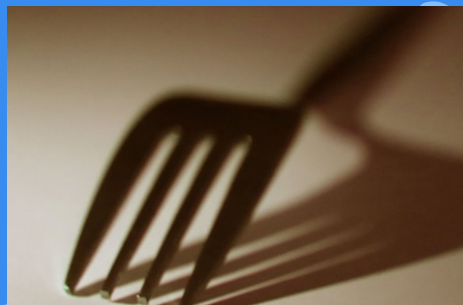
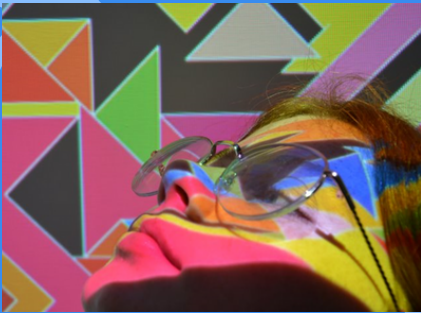
MRS KINNERSLEY

Year 10 are becoming extremely confident photographers.

The current focus in our lessons is 'Light and Dark'.

Students are exploring still life, portraiture and landscapes. They are also experimenting with photoshop techniques and learning how to enhance the qualities of their photos.

"It is one of the best lessons to teach, as each student gets to explore a theme in ways that interest them. They get to lead on what work they create each lesson and at home." Mrs Kinnersley







# MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

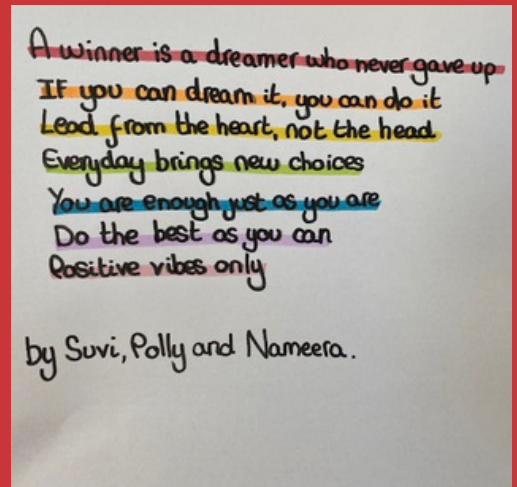
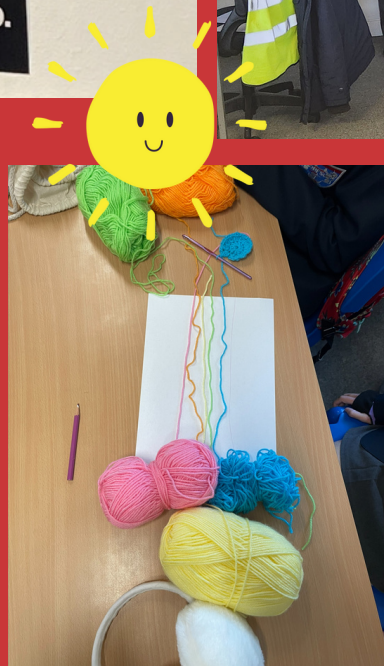
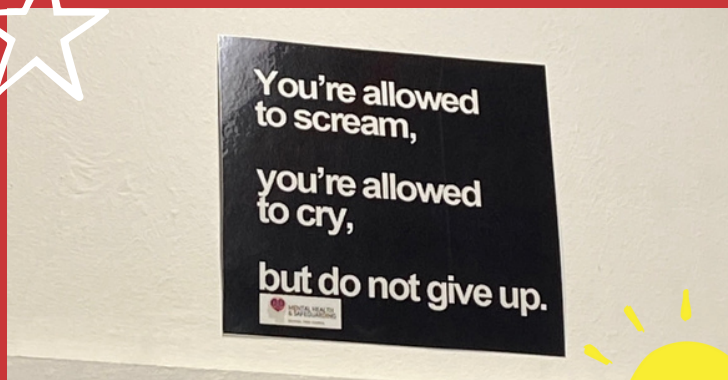
So – the best week in the calendar finally arrived and our BFS children got stuck in and involved in Children’s Mental Health Week!

## MENTAL HEALTH WEEK ACTIVITIES

Place2Be working with Taskmaster gave us daily tasks and challenges for our young people to get involved in.

There were book cover rainbows, unusual games, outside self-portraits, treasure hunts and clues! Have a look at the photos of some of our students getting involved.

Students have also been around school trying to find all of the positive affirmations and have done so well – hopefully improving their mental health at the same time.



[TELLSOMEONE@BRISTOLFreeschool.org.uk](mailto:TELLSOMEONE@BRISTOLFreeschool.org.uk)





# MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

Whilst all of this is fun, we must remember that facts speak loudly to us about our young people's mental health needs. Please do everything you can to have a restful and enjoyable half term. Let us know if you need any help or wish to talk through any areas of concern you may have for your young people. We are here to help.

## STATS FROM MENTAL HEALTH OF CHILDREN & YOUNG PEOPLE IN ENGLAND 2022, WAVE 3 FOLLOW UP TO 2017 SURVEY – NHS DIGITAL

**1 in 8 (12.6%) 11 to 16 year old** social media users reported that they had been bullied online. This was more than **1 in 4 (29.4%)** among those with a probable mental disorder.



Among **17 to 22 year olds** with a probable mental disorder, **14.8%** reported living in a household that had experienced not being able to buy enough food or using a food bank in the past year, compared with **2.1%** of young people unlikely to have a mental disorder.

**11 to 16 year olds** with a probable mental disorder were less likely to feel safe at school (**61.2%**) than those unlikely to have a mental disorder (**89.2%**). They were also less likely to report enjoyment of learning or having a friend they could turn to for support.

**11 to 16 year old** social media users with a probable mental disorder were less likely to report feeling safe online (**48.4%**) than those unlikely to have a disorder (**66.5%**).



In children aged **7 to 16 years**, rates rose from **1 in 9 (12.1%)** in 2017 to **1 in 6 (16.7%)** in 2020. Rates of probable mental disorder then remained stable between 2020, 2021 and 2022.

**1 in 5 (19.9%) 7 to 16 year olds** lived in households that experienced a reduction in household income in the past year. This was more than **1 in 4 (28.6%)** among children with a probable mental disorder.

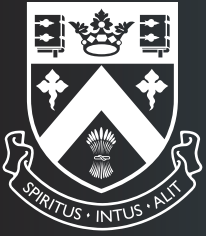
In 2022, **18.0%** of children aged **7 to 16 years** and **22.0%** of young people aged **17 to 24 years** had a probable mental disorder.



In young people aged **17 to 19 years**, rates of a probable mental disorder rose from **1 in 10 (10.1%)** in 2017 to **1 in 6 (17.7%)** in 2020. Rates were stable between 2020 and 2021, but then increased from **1 in 6 (17.4%)** in 2021 to **1 in 4 (25.7%)** in 2022.

[TELLSOMEONE@BRISTOLFREESCHOOL.ORG.UK](mailto:TELLSOMEONE@BRISTOLFREESCHOOL.ORG.UK)





CLIFTON  
COLLEGE  
OUTDOOR ACTIVITY CENTRE

# AIM HIGH

Climbing for young people of all abilities

Rock Climbing can improve overall fitness and has the potential to introduce participants into an inclusive and exciting world of new friends and experiences.

We are available April to October for pre-booked groups of children, young people and adults. Sessions are tailored to fit individual requirements.

All our climbing courses are run by our team of experienced Clifton College Instructors and climbing professionals.

Education Visits | Birthday Parties  
Corporate Events | Holiday Courses

0117 315 7666

For further information and to book visit:

[www.ccscl-cliftoncollege.com](http://www.ccscl-cliftoncollege.com)

