



GIRLS FOOTBALL SUCCESS!

U16 Girls Football Team played against St Bede's this week. Despite three road closures and a 45-minute journey to St Bede's just down the road, the team put 100% effort in from the get go. Hollie scored the first goal after 5 minutes from a fantastic corner from Teagan. Jas soon made it 2-0 with a great through run. The team maintained possession and pressure on the ball, then Sophie made it 3-0 from another Teagan corner. Grace finished the half to make it 4-0.

The second half matched their enthusiasm from the first, with another 4 goals scored, finishing the game with a score of 8-0! Goal scorers in the second half include Hollie, Katie, Grace and Jas. A fantastic performance all round and Player of the Match was given to Hollie. Well done team!

KEY DATES

- Monday 27 February - BEP Oracy Pioneers Conference
- Wednesday 1 March - Y8 Rugby Sevens Tournament @ QEH
- Wednesday 1 March - ESFA U14 Girls Football Quarter Final
- Thursday 2 March - Y11, Y12 and Y13 Drama Trip to Bristol Old Vic
- Friday 3 March - Bristol Neuroscience Festival at UoB
- Monday 6 March - Y13 Pastoral Day - consent, sex and relationships
- Monday 6 March - Y10 Rugby Sevens Tournament @ QEH

CONGRATS SKYE!

Congratulations to Skye K in Year 10 who has made it into the England Rugby Development Player Programme.

She was selected to play in a festival at Hartpury College last weekend, and will be representing them again in an RFU festival in March.

What a fantastic achievement and proof that hard work leads to success. Well done Skye!



ATTENDANCE MATTERS

RELIGIOUS OBSERVANCES

With Eid fast approaching, we understand that many of our Muslim families will wish to celebrate. In line with Bristol City Council and attendance policy, one day of absence may be requested for religious observance.

Please email admin@bristolfreeschool.org.uk for an Absence Request Form. Please fill this in and return it to the same email address so that your request may be considered.

Please use the same email address to request the form for any other religious observances.

Any authorised day will still count as an absence on your child's attendance record.



MR PARRY

HEAD OF BUSINESS AND CAREERS
LEADER

BFS CAREERS

AIRBUS

Today we were delighted to host representatives from Airbus for our Employer Talk about the exciting career opportunities in the engineering and aerospace industry.

The talk outlined the many different student opportunities that Airbus offer, such as Degree, GCSE/Craft and Higher Apprenticeships, as well as their graduate schemes and internships.

They also played a video that mentioned Airbus' dedication to being a sustainable business and highlighted their best achievements of 2022.

There were some excellent questions asked by the students about the interview process, the typical working day, and opportunities to work abroad with Airbus.



**IF YOU WOULD LIKE TO WORK WITH
THE SCHOOL OFFERING EMPLOYER
TALKS TO THE STUDENTS, THEN
PLEASE GET IN TOUCH WITH THE
CAREERS DEPARTMENT.**

LRC NEWS

WORLD
**BOOK
DAY**

2 MARCH 2023



WORLD BOOK DAY!

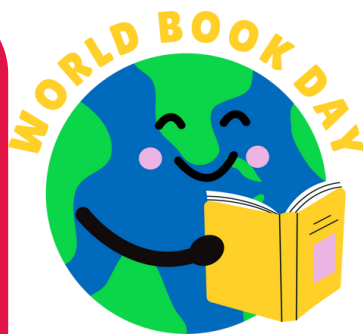
This year's World Book Day is supporting Children's Literacy through their theme, Sharing Stories. The charity, which aims to encourage recreational reading in children, has published the following statement on their website:

Our mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own. Reading for pleasure is the single biggest indicator of a child's future success – more than their family circumstances, their parents' educational background or their income. We want to see more children, particularly those from disadvantaged backgrounds, with a life-long habit of reading for pleasure and the improved life chances this brings them.

WBD wants every child to have the opportunity to own their own book. Scan the barcode and exchange it for one of the £1 books at a participating book shop.

You can redeem your World Book Day £1 book token at the following retailers:

- Your local independent bookseller (Max Minervas)
- Asda
- Blackwell's (selected stores only)
- Morrisons
- Sainsburys
- Tesco
- The Works
- Waterstones
- WHSmith



Here at BFS, we create the time and space within which our students can find and enjoy a huge variety of literature. In keeping with the WBD theme, next week we will be Sharing Stories. Teachers will be starting their lessons by reading the first few pages of their favourite book. We encourage the students to think about which books would make their top ten and take the opportunity to inspire their classmates to read something new. There will also be competitions including, Wicked Writers and designing the best bookmark!

As parents and carers, you are perfectly positioned to boost your child's reading ability and help to ensure their academic and future success. The following list is just some of the ways in which you can support them to develop a lifelong love of reading:

- Listen to your child read – they may not need to, but they might enjoy sharing their book with you.
- Read to your child. This is a wonderfully relaxing activity and will fire up their imagination and introduce them to new words and ideas.
- Discuss books; your favourites and theirs. Let your passion for certain texts inspire them.
- Go to book shops and libraries. Ask for recommendations from the staff.

SCAN the QR code to get your World Book Day book token!



Get one of these books for FREE with your token.

TOKENS VALID:

Thursday 16 February – Sunday 26 March 2023

THIS WEEK IN ART

MRS KINNERSLEY

ART AND PHOTOGRAPHY COMPETITION!

Design a book front cover for the charity In-Hope Wild Goose Cafe. This book will be made and distributed to the service users of the Wild Goose Cafe. It must celebrate good food and healthy options!

Ideas to consider:

An illustration designed by yourself which is hand-drawn, painted or digitally drawn. You can use photography if that interests you.

A winner will be chosen by the staff of In-Hope Charity and there will be runners up.

The winning design will be used for the book cover.

If you have any questions then come and speak to Mrs Kinnersley.



Here's Mrs Kinnersley to explain more about it: [click here.](#)

inHope.

For those who need us most

The Wild Goose

*Meals, support and hope
for those in need*

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.





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

Here at BFS, we are all about encouraging our students to recognise when their mental health needs a bit of support. The Mental Health Team run workshops, tutor programmes, training, peer to peer mentoring, daily drop ins, extra curriculum and more in school. We do, however, recognise that as parents and carers, you might appreciate a bit of help too. If you haven't already taken advantage of the wonderful work that the [Anna Freud Children's Centre](#) provide then do have a look and sign up for one (or all!) of the webinars that are available to you - free of charge! BFS has worked with the Centre for the last couple of years, delivering over 30 termly places of 1-2-1 support and regularly signposting parents and carers to the support available via the website. We have worked with the Centre as part of a National Steering Group, shaping the next generation of mental health school support programmes and making sure that our young people get the best possible interventions possible.

ANXIETY IN ADOLESCENCE: HOW CAN PARENTS HELP?

Date: Monday 27 February & Tuesday 7 March

Time: 12.15-1.15pm & 5-6pm

Venue: Virtual via Zoom

Register in advance for this meeting:

[Monday 27 February](#)

[Tuesday 7 March](#)



ADOLESCENT SELF-HARM: HOW TO MAKE SENSE OF IT AND WHEN TO SEEK SUPPORT

Date: Tuesday 28 February & Monday 6 March

Time: 5-6pm & 12.30-1.30pm

Venue: Virtual via Zoom

Register in advance for this meeting:

[Tuesday 28 February](#)

[Monday 6 March](#)



BUILDING RESILIENCE, STAYING CONNECTED AND NURTURING YOUR RELATIONSHIP WITH YOUR TEEN

Date: Thursday 2 March & Wednesday 8 March

Time: 5-6pm & 12.30-1.30pm

Venue: Virtual via Zoom

Register in advance for this meeting:

[Thursday 2 March](#)

[Wednesday 8 March](#)

MANAGING TEEN BEHAVIOUR THAT CHALLENGES:

TIPS AND TRICKS

Date: Friday 3 March & Thursday 9 March

Time: 12-1pm & 12.30-1.30pm

Venue: Virtual via Zoom

Register in advance for this meeting:

[Friday 3 March](#)

[Thursday 9 March](#)

WEATHERING THE STORMS OF STRONG TEEN EMOTIONS:

DO'S, DON'TS AND WHEN TO CONSIDER TALKING TO SOMEONE

Date: Wednesday 1 March & Tuesday 14 March

Time: 11.45am-12.45pm & 5-6pm

Venue: Virtual via Zoom

Register in advance for this meeting:

[Wednesday 1 March](#)

[Tuesday 14 March](#)



We are happy to have 1-2-1 discussions with you, should you want to talk about your young person. It is always really helpful to hear from you if your child is struggling with their mental health, or perhaps needs some further intervention in school that we are yet to identify. It is also great to hear if your child is receiving external support already, via counselling, CAMHS or other. This allows us to put additional support in place or complement the support already being given.

Please feel free to reach out via the school email or tellsomeone@bristolfreeschool.org.uk. We look forward to hearing from you.

[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

SIGNS A CHILD MIGHT BE STRUGGLING



A large number of children and young people will experience behavioural or emotional problems at some stage. For some, these will resolve with time, while others will need professional support.

It might be difficult to know if there is something upsetting your child, but there are ways to spot when something is wrong. Look out for:

- significant changes in behaviour
- ongoing difficulty sleeping
- withdrawing from social situations
- not wanting to do things they usually like
- self-harm or neglecting themselves



WHEN TO GET PROFESSIONAL HELP FOR A YOUNG PERSON



You know your child better than anyone, so if you're worried, think if there has been a significant change in their behaviour first.

If there has, is it caused by any specific events or changes in their life? Does it only happen at home, school or college, or when they're with others or alone?

If you're worried or unsure, there is lots of support out there. [MindEd](#) for Families also has information explaining some common behavioural problems in different age groups.

WAYS TO SUPPORT A CHILD OR YOUNG PERSON

BE THERE TO LISTEN



Regularly ask your child how they're doing to help them get used to talking about their feelings, and know there is always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).

ENCOURAGE THEIR INTERESTS



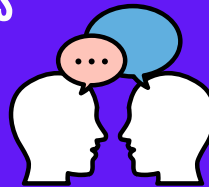
Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.

SUPPORT THEM THROUGH DIFFICULTIES



Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from the [Maudsley Charity on difficult behaviour](#).

TAKE WHAT THEY SAY SERIOUSLY



Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.

STAY INVOLVED IN THEIR LIFE



Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

BUILD POSITIVE ROUTINES



Try to have structure around regular routines, especially with healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. [The Sleep Charity](#) has relaxation sleep tips for children.

SUN APR 23 3PM

BRISTOL CITY V CHARLTON

ASHTON GATE



50% DISCOUNT

ADULTS
~~£8~~ £4

JUNIORS
~~£4~~ £2



50%

OFF

PLEASE USE CODE:

GROUP50

PENSTONE FARM 2023

Summer School

**WE ARE HERE FOR YOUR SUMMER NEEDS!
WE ARE AN EDUCATION CENTRE BASED IN CHEDDAR
RUNNING A SUMMER SCHOOL FROM 24TH JULY - 18TH
AUGUST, RUNNING MONDAY TO FRIDAY (EXCLUDING BANK
HOLIDAYS).**

AGES RANGE FROM 8-25.

Animal Care

Students will get stuck in to farm life to help look after the animals. This includes feeding, mucking out, petting and looking after their environments.

Cooking Skills

Students will be tending to the produce grown on the farm. They will then pick the produce and cook yummy meals to develop their cooking skills.

Arts and Crafts

There are lots of arts and crafts projects planned such as upcycling furniture, creating mosaics, spray painting and building.

And lots more...



**FOR MORE INFORMATION PLEASE CONTACT:
centremanager@newchapterswellbeing.com**

Penstone Farm Learning Centre



BT Apprenticeship in Bristol

Level 3 ICT Support Technician (18 months)

What you'll be doing...

Monitoring and supporting BT's live services, ensuring effective service delivery, change management and fault resolution.

Flexible working from home and our new modern city centre office.



What you'll get...



£19,422 per annum



25 days holiday per year



Discounted mobile, TV and broadband



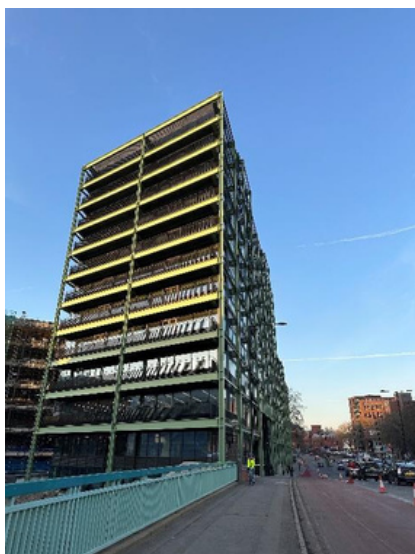
Generous pension scheme



Discounts at some major retailers and restaurants



Discounted gym memberships



Why us?



BT is one of the top 3 Apprenticeship Employers in the UK.



We are the best private Apprentice Employer in the UK.

Ready to apply?

You'll need 5 GCSEs (4-9) including English and Maths

To apply, or to find out more, scan the QR code or visit...

bt.com/apprentices



BT Apprenticeship in Bristol

Level 4 Network Engineer (24 months)

What you'll be doing...

Your role in our team will be to ensure our networks are designed, tested, built, and maintained with fresh, new, innovative ideas in mind.

Flexible working from home and our new modern city centre office.



£19,422 per annum



25 days holiday per year



Discounted mobile, TV and broadband

What you'll get...



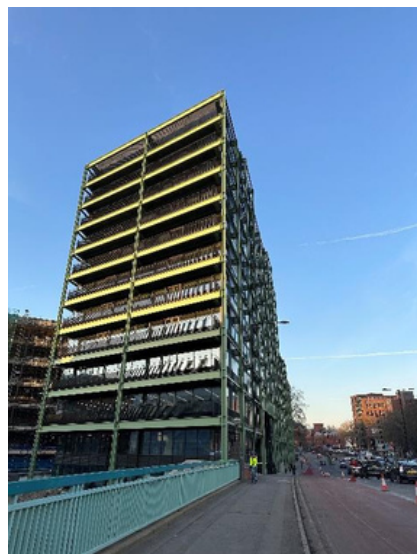
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