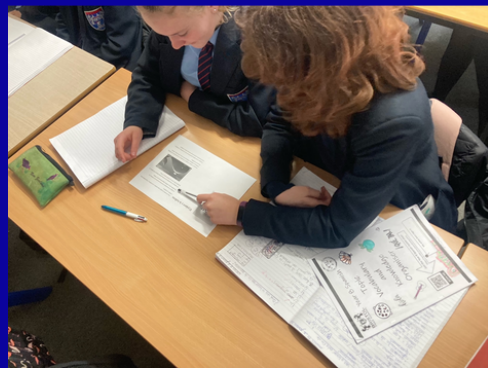


Dear Parents, Carers and Students

A BUSY WEEK AT BFS!



A highlight for me this week was going to see our U14 Girls' Football team play Dame Alice Owen's School (Potters Bar, London) in the quarter finals of the U14 National Championship. We won 5-1! Seeing their technical skill, teamwork and gritty determination was a privilege, and having such a supportive home crowd made up of Y9, Y10 and families was something very special. We are now through to the semi-finals which is an incredible achievement. Go BFS! We are so proud of you.

This week I gave an assembly to students that launched the start of Women's History Month, which we will be supporting alongside International Women's Day on Wednesday 8 March. The theme this year is Embrace Equity. I have invited students, staff and members of our community to contribute to this by sending in a photo embracing who they are or writing a piece about a woman from the past or present who inspires them.

In my assembly, I shared the story of the Dick Kerr Ladies Football Team, who played between 1917-1921, and who became national heroes due to their success. They regularly played in front of crowds of over 50,000 spectators, including international games.



Unfortunately, despite their popularity and skill, the FA banned women from playing football in 1921, fearing it would have a detrimental impact on the men's game, which was not fair. After many years of fighting for equality, women's football has proved that it can be just as skillful, competitive and entertaining, culminating in the success of the Lionesses England team in the Euros 2022. BFS girls are also leading the way in this regard too.



Year 11 and Year 13 have now completed their mock exams and I would like to congratulate them for the mature way they approached those exams. We now have about 8 school weeks left until the summer exams, so revision needs to continue in earnest, making effective use of the valuable feedback from this second round of mock exams.

Wishing you all a lovely weekend.



MRS S KING

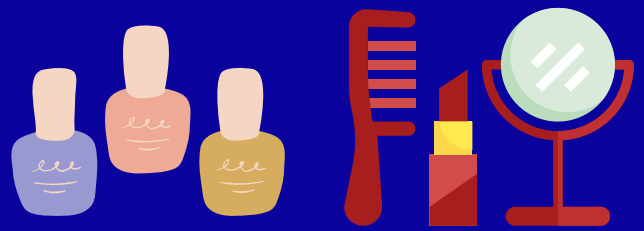
KEY DATES

- 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
- Monday 6 March - Culture Week
- Friday 10 March - Y8, Y9 & Y10 Student Photos - Drama Hall
- Tuesday 14 March - Core Maths Day Y10

HAIR AND BEAUTY CLUB DONATIONS!

We are in the process of setting up a hair and beauty club that will be run by Ms Kelly and Ms Giltrow. In preparation for this, we are asking for any donations you may have.

We're looking for things such as mannequin heads/hands, makeup, nail varnish, nail art kits, makeup and nail varnish remover, eye lashes (strip lashes and individuals), eyeshadow palettes, eyelash/nail glue, and hair and makeup brushes. If you have any products that you'd like to donate, please contact Ms Kelly or Ms Giltrow.



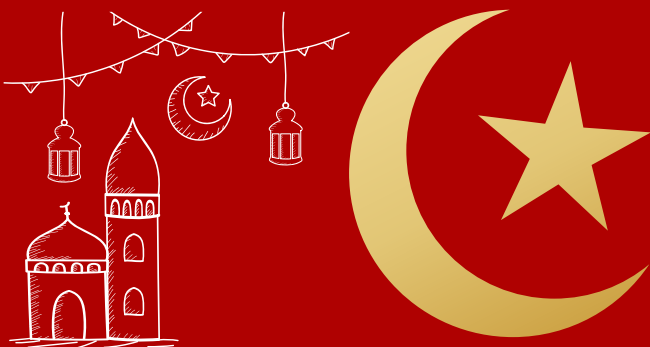
ATTENDANCE MATTERS RELIGIOUS OBSERVANCES

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.



DOFE ALUMNI

Five of our previous students will be visiting Buckingham Palace this summer to receive their Gold Duke of Edinburgh Awards. Emma, Jacob, Jack, Christopher, and Zoe have completed the momentous task of achieving their Gold Award, after spending over a year learning new skills, developing prowess in a sport, and volunteering for local organisations. They also took part in a 5-day expedition in the wilderness, completing a project on the way.

Massive well done to the 5 of them!





BFS CAREERS

MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER



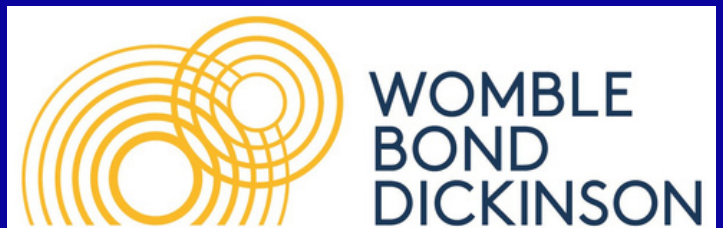
Today we were delighted to host Mark Lightburn for our Employer Talk. Mark is the founding director at Artis Recruitment, which is a multi-disciplinary recruitment services group with specialist operating divisions spanning across HR, Finance, IT, Procurement, Customer Contact, Marketing and Executive Search.



Mark spoke to students about his own journey and how he started up his own business. The talk also focused on the wide range of careers available to our students in the Bristol area. Students were taken through a journey of the key functional areas of businesses and the skills and entry routes into these areas, such as IT, Sales, HR and Procurement. The students really enjoyed the talk and we are extremely grateful that Mark gave this inspirational talk to students.

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

VIRTUAL LAW WORK EXPERIENCE PROGRAMME



Womble Bond Dickinson's Early Talent Team are hosting a new virtual work experience programme, Insight, which could be a great fit for anyone aged 14 or over who is interested in a career working for a law firm.

The programme will include a variety of webinars that all students and parents/guardians can sign up to and hear more about WBD, different roles at a law firm (both legal and business services) and routes into these careers.

The first event takes place on 6 March 2023, 16:00.
Details are available [here](#).

Please see the following links for more information about the [career opportunities](#) and [apprenticeships](#) that Womble Bond Dickinson offer.



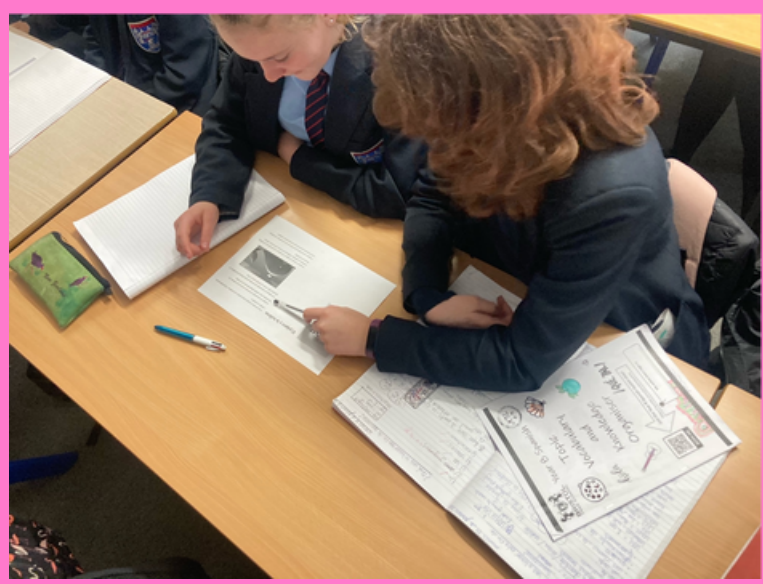
MS COLEMAN

BFS MFL



WORLD BOOK DAY!

In MFL, we celebrated World Book Day by reading an extract in Spanish and used it as a springboard to discuss cognates. Here are our Year 8s enjoying the text.



El pájaro y la ballena

Una vez hubo un pájaro que amaba a una ballena. Y una ballena que amaba a un pájaro.

Al pájaro le encantaba la hermosa sonrisa de la ballena. Le encantaba cómo nadaba elegantemente por el agua.

A la ballena le encantaban las bonitas plumas blancas del pájaro. Le gustaba mirar cómo se elevaba hacia el cielo.



Durante el verano, el pájaro y la ballena se encontraron en la bahía. Hablaron y hablaron. Hablaron de la luna, de las olas, y de los barcos en el océano.

El pájaro contó chistes que hicieron reír a la ballena. La ballena cantó hermosas canciones que hicieron llorar al pájaro.



You can still redeem your World Book Day token until Sunday 26 March! Scan the QR code and exchange it for one of the £1 books at a participating book shop.



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



MS BALLARD

DANCE EXPERIENCE WORKSHOPS

National Youth Dance Company
NYDC

Each year, National Youth Dance Company brings together talented young dancers from across England to work with Sadler's Wells internationally renowned Associate Artists to develop their dance practice and create world-class performances. We're bringing our experience workshops across the country this Spring to help us find our 2023/24 company.

From April to July, NYDC are looking to meet young dancers as part of their free experience workshops. Taking place across the country, these workshops are open for dancers from all backgrounds and dance styles, aged 16-18, or up to 24 for those who are deaf or disabled. These sessions are also a first stage audition for anyone who wants to join NYDC, where they'll work with a guest artistic director to develop a new dance piece to premiere in 2024.

**FREE DANCE
OPPORTUNITY
WITH NATIONAL
YOUTH DANCE
COMPANY**



[REGISTER HERE](#)

U14 superstars have made it through to the semi-finals of the English Schools National Cup, with a phenomenal 5-1 win over Dame Alice Owen School from London.

GIRLS FOOTBALL SUCCESS!

Polly opened the scoring after only 5 minutes with a superb free kick outside the box. Emily slotted home the second to make it 2-0 within minutes. The opposition had a handful of very competent players, one of whom skipped through and scored a very good individual effort to make it 2-1. Just before half time, Libby made it on the score sheet with a cool effort from inside the box. Chloe shortly followed just before half time, scoring a well timed, impressive strike from a corner.

The second half was less eventful in terms of goals, however the entire team kept going and held them off, fighting for every ball. With 5 minutes to go, Emily scored the goal of the match with an outstanding volley. Polly was voted Player of the Match for her non-stop effort and drive throughout the game.



Having our first home fixture didn't disappoint - a big thank you to all the parents who came to watch! A second big thank you to the U16 squad who came to support the game. They were a credit to the school and supported the team in a fantastic manner.

The semi-final tie and a potential opportunity to attend the game will be published as soon as the draw is made next week. One of the last four schools in the country - wow!!

BFS SEND



WHAT IS AUTISM?

MRS PARRY

Autistic people may act in a different way to other people.



Autistic people may:

- find it hard to communicate and interact with other people
- find it hard to understand how other people think or feel
- find things like bright lights or loud noises overwhelming, stressful or uncomfortable
- get anxious or upset about unfamiliar situations and social events
- take longer to understand information
- do or think the same things over and over



Being autistic does not mean you have an illness or disease. It means your brain works in a different way from other people. It's something you're born with. Signs of autism might be noticed when you're very young, or not until you're older.



USEFUL WEBSITES

 [Bristol's SEND Local Offer](#)

The [Bristol SEND Local Offer](#) website is information in one place about what help and support there is in the local area for children and young people with special educational needs or a disability. It's for parents and carers of children and young people with SEND.

[The National Autistic Society: Advice and guidance.](#)

[NHS: Autism](#)

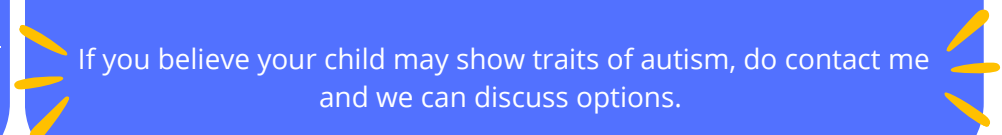


Recently on the BBC, Chris Packham presented a two-part documentary called [Inside Our Autistic Minds](#). In the programme, he helps autistic people illustrate how their minds work, helping them to connect with their friends and family in a new and more authentic way.

Packham gives autistic people the chance to make a film about their life and the results are deeply moving. While autism is often misunderstood in the world, this programme provides a real insight into the experiences autistic people have. One individual, Flo, discusses 'masking', the exhausting and torturous technique used by some autistic people to help them function in work and social situations. Performatively copying the behaviour and mannerisms of others means Flo is, in her words, "never speaking my native language".

I will be recommending this programme to every staff member at Bristol Free School to deepen their understanding.

If you believe your child may show traits of autism, do contact me and we can discuss options.





BFS ORACY

BRISTOL EDUCATION PARTNERSHIP

MS CORRIGAN



Oracy is part of our learning focus at BFS this year and in Term 5 we have a number of exciting and new opportunities coming up for students to participate in and learn to share their voice.

Last year Mr Harris led an exciting opportunity for four students to become BEP (Bristol Educational Partnership) Oracy Pioneers. Successful applicants would undergo two training sessions with Unique Voice, an organisation based in Bristol which delivers creative projects to improve young people's social and emotional development. The purpose of the training sessions was to build our pioneers' confidence and oracy skills in order for them to then go on to deliver workshops to younger students at school. As this was such a success, this scheme is running again and is starting next week. Our four new pioneers visited St Brendan's Sixth Form College and met other students from a range of schools across Bristol. They then began to deliver sessions at school with the support of the Oracy team including leading new oracy initiatives around BFS. We will be catching up with the new Pioneers once they have completed the training and have delivered the workshops to see how they get on!

We are also delighted to share another Oracy opportunity for our students called 'Youth Talks'. Youth Talks is an opportunity for our students in Year 9 and Year 12 to have a platform to communicate their passion for a topic, hobby or activity. To kick start the programme, we welcomed Anthony and Dan from the Carrot Foundation to explain the scheme in more detail to everyone.

The programme will begin with six Year 9 students and six Year 12 students who will receive training, coaching and support in public speaking from Ignited Presenting, who are a professional training company based in Bristol. They will guide each of our students on how to prepare for their YouthTalk which will take place in the summer term. As well as delivering their own YouthTalk, the students will go on to support others who would like to deliver a YouthTalk over the coming year. We encourage all students in these year groups to consider applying to be part of this showcase - this can be done through ClassCharts.



STUDENT LEADERSHIP



MR SMITH

BEP STUDENT LEADERSHIP PROGRAMME

Some of our Year 10 students are taking part in the BEP Student Leadership Programme across this year. It's a series of training events to help them develop their potential as student leaders. The most recent session covered 'self-management and organisational tasks' and included discussion about leading and participating in formal meetings, giving and receiving feedback, and taking meeting notes.



Students said "the sessions have been really useful opportunities to learn about various aspects of leadership such as coaching others" and "BEP has given me the opportunity to meet other student leaders from across Bristol which has helped me to learn important social skills".



CULTURAL WEEK COMPETITION!

Monday 6 March marks the beginning of Cultural Week, so we are holding a recipe competition to celebrate!

Competition rules:

- Think of a food or meal which represents a culture that you identify with, or which represents a culture which inspires you.
- Send in the recipe to k.smith@bristolfreeschool.org.uk. If you don't have time, just send the name of the dish.
- Bonus points for a picture of you making the dish!
- The best entries will be published in our newsletter and win opportunity points for their house.

The deadline is Tuesday 14 March. Good luck!



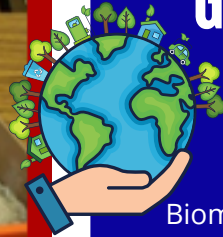


HOUSE COMPETITION

MISS JONES



'BIOME IN A BOX' GEOGRAPHY HOUSE COMPETITION!



Biomes are large-scale ecosystems and are defined by factors such as climate, soils and vegetation. The world's major biomes include rainforest, desert, savanna, grassland and tundra.

Your task is to use a box (e.g. shoebox or larger) to build a biome in a box. This could be one of the biomes listed above or a different one. Research your chosen biome's characteristics before you get started, to create realistic scenes of a specific region of the world.

Your biome in a box should include:

- At least 5 animals species found in your biome.
- At least 3 plant species found in your biome.
- The biome should be realistically represented with geographical features such as mountains, streams, rivers, etc.
- You may use clay, paint, papier-mâché, small plastic toys (for plants & animals), or anything else you can think of to represent your biome. Be creative!
- A background on the back and sides of the box. This may be painted, drawn and coloured, or made of neat collage pictures cut from magazines.

There will be a prize for the most creative biome in a box!

Please bring your biome to Miss Jones (DF25) by Friday 9 March.



BRISTOL EDUCATION PARTNERSHIP

SATURDAY 11 MARCH, 10.00 - 12.15 BADMINTON SCHOOL CAREERS FAIR

Students and parents at BEP schools are welcome to attend Badminton's upcoming Careers Fair. There will be a range of exhibitors and speakers. Register by 2.00pm on 7 March via this sign up link. Refreshments will be provided; on-site parking is limited.

TUESDAY 21 MARCH, 16.30 – 17.30 THE APPRENTICESHIP AND TECHNICAL EDUCATION ROADSHOW BRUNEL ACADEMY

Apprenticeships have changed dramatically in the last few years and offer exciting opportunities, but they can seem confusing to understand. These roadshows created for parents and carers, bust myths, inform, inspire and provide the answers you are seeking.

The West of England Combined Authority in collaboration with the Western Training Provider Network are embarking on a series of regional parent and carer roadshows to celebrate apprenticeships and technical education pathways and all they can offer. Information is available here

FORTHCOMING EVENTS

MONDAY 20 MARCH, 18.30 – 20.00 OXBRIDGE INFORMATION EVENING QEH THEATRE

QEH would like to invite Year 12 students and their parents/guardians to an Oxbridge Information Evening on Monday 20 March in the QEH Theatre. The purpose of the evening is to provide students, parents and guardians with more information about Oxford and Cambridge universities, including why students might want to apply to these universities, the process of applying, and how to make a strong application. Former pupils currently studying at Oxford and Cambridge have been invited to share their experiences of applying to and studying at these universities. All are welcome, though this evening will be most useful to students who are considering applying to highly selective and academically rigorous universities and are likely to achieve As and A*s in their A-level examinations. If you would like to attend, please complete the Google Form here by Friday 10 March.

WEDNESDAY 26 APRIL, 18.00 – 19.00 RAISING SAFE SURFERS: KEEP YOUR CHILD SAFE ONLINE BEP WEBINAR FOR PARENTS

This webinar with cyber security expert, Lucy Uzeanu, aims to educate and empower parents, care-givers, and teachers to keep children safe while they navigate the digital world. It will address topics such as cyberbullying, online predators and internet addiction, providing practical strategies for parents to keep their kids safe online. Book your place here



KEEPING YOUNG PEOPLE SAFE ONLINE

Raising Safe Surfers: A Guide to Protecting Kids Online is a free booklet that aims to educate and empower parents, caregivers, and educators to keep children safe while they navigate the digital world. The booklet addresses topics such as cyberbullying, online predators and internet addiction, providing practical strategies for parents to keep their kids safe online. The booklet can be obtained as a free Kindle eBook via Amazon here. Alternatively you can order a paperback copy here





SPECIAL EDUCATIONAL NEEDS AND DISABILITY INFO SESSION

**with SEND and You
for parents & carers**

**Bring your questions
about...**

What support is
available for you & your
child

Paperwork, meetings &
assessments

Education Health & Care
Plans (EHCP)

and more

Wednesday 22nd March

1 - 5pm

**1 hour info session plus 15 min
slots for 1:1 with adviser**

Greenway Centre, BS10 5PY

Scan here
to sign up!



Send and You deliver the Special Educational
Needs and Disability Information, Advice and
Support Service in Bristol
sendandyou.org.uk

For more info, get in touch with Vicky

0117 950 3335

vickywall@southmead.org



SAY
SEND AND YOU
SENDIAS



SOUTHMEAD DEVELOPMENT TRUST