

Bulletin



YEAR 8 FOOTBALL SUCCESS!



The Year 8 Football Team walked joyously away with their first win against St Bede's, their closest rivals. Twice coming from behind, with goals from Amit and Evan, before Daniel scored the decisive penalty. The game ended up an impressive score of 4 - 2! Excellent resilience displayed under pressure. Well done to all!



KEY DATES

- Tuesday 14 March - Core Maths Day Y10
- Friday 17 March - Y10 Maths Feast Youth Cabot Academy
- Saturday 18 March - DofE Skills Day
- Monday 20 March - Flying Start Trip AeroSpace
- Tuesday 21 March - Drama Production 'Tuesday'
- Wednesday 22 March - Drama Production 'Tuesday'
- Wednesday 22 March - Rosslyn Park Y10 Rugby
- Wednesday 22 March - BEP Student Leadership Programme
- Wednesday 22 March - Y10 Art Trip Westonbirt Arboretum



BFS CAREERS

MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER

Today, we were delighted to host representatives from the Royal Navy for our Employer Talk. The talk was very well attended by our students, and talk focused on the wide range of job roles available at the Navy.



Our speaker also gave a personal insight on his own experiences in the Navy, and talked about the many deployments he has had around the world. The students were also taken through the many different entry routes into the Navy. There is more information about careers in the Navy on their [website](#).



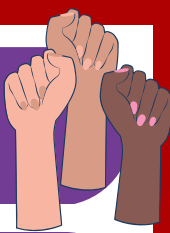
Y8 AEROSPACE EXPERIENCE

Our Year 8 students have been learning about aviation and engineering with the help of some graduates in the aerospace industry. They have been designing and building gliders ready for their first multi-school fly-off later this month. Well done to Emily, Katherine, Toby, Bailey, Jack and Henry who will be going on to compete!



IF YOU WOULD LIKE TO WORK WITH THE SCHOOL OFFERING, EMPLOYER TALKS TO THE STUDENTS THEN PLEASE GET IN TOUCH WITH THE CAREERS DEPARTMENT. WE ARE PARTICULARLY INTERESTED IN ANYONE WHO WORKS IN CREATIVE INDUSTRIES AND THE HEALTH AND SOCIAL CARE INDUSTRY.

INTERNATIONAL WOMEN'S DAY - 8 MARCH



**EMBRACE
EQUITY
POSE**



UN WOMEN COMMISSION ON THE STATUS OF WOMEN (CSW)

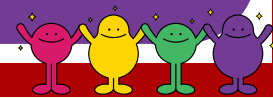
For the last three years, Ms Board has been lucky enough to be chosen as a delegate to the UN Women Commission on the Status of Women Conference. The event runs for 11 days around International Women's Day and seeks to address and resolve the gender gap in all areas of life. The theme this year is 'Education in the digital age for achieving gender equality' and Ms Board is working as a STEM delegate for UN Women UK.

So far, we have heard from the UN Secretary General, Antonio Guterres, on how he sees the present and future of women's rights, UK and EU politicians on digital progress post-pandemic, numerous NGOs on the many essential projects to improve women's education and opportunities, plus so many more notable speakers to come, including Kamala Harris and Alexandria Ocasio-Cortez, UK politicians including Stella Creasy, and law changer and activist Gina Martin.



Ms Board will be attending a few of the talks around STEM education, listening to how we at BFS can further improve equity of opportunities to our students, which is something we have been working hard on already. Many of the talks can be found online and are available to watch on [UN TV](#). Let me know if you watch and see anything inspiring to you!

Encouraging and promoting girls and women in STEM is something we at BFS are very passionate about and have been awarded for previously. It is important that we carry on with this vision for our future. We love our feminist community!





RAMADAN



MISS MUSA

Hey BFS family! 20 March marks the beginning of Ramadan. Ramadan Mubarak to all those observing!

The holy month of Ramadan is a month-long festival during which about 1.8 billion Muslims worldwide won't eat or drink between sunrise and sunset.



WHEN IS IT?

The Islamic calendar is lunar, so Ramadan has no fixed dates, much like Chinese Lunar New Year. This year it is about 10 days earlier than last year, similar to Easter.



SEE THE MOON? MOONSIGHTING PARTIES!

Ramadan actually begins when the first crescent Moon is sighted. It ends when the crescent Moon is first seen after the New Moon in April. Many Muslims across the world go out on an excursion to higher ground to spot the new crescent moon.

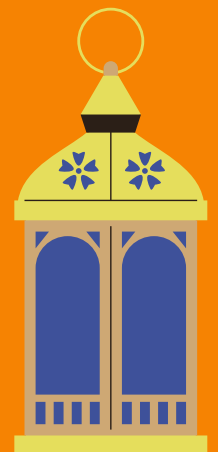
The official dates are merely the evening after the New Moon when it's presumed that clerics will successfully observe the crescent Moon.

For some Muslims, Ramadan begins at the first moonsighting from Mecca in Saudi Arabia, the birthplace of Muhammad.

COMMON MISCONCEPTIONS

Please be aware Ramadan is observed differently by Muslims but it is still a holy month for all!

- Don't ask 'Not even water!' Yes, not even water.
- Is it healthy? Yes, Muslims have been fasting since the 7th Century and even today, health fads like intermittent fasting are becoming popular.
- It's not rude for non-Muslims to eat in front of people who are fasting. While they may choose not to be with you while you eat, only trying to persuade or force Muslims to give up their fast is considered rude.





WHY?



One of the 5 pillars of Islam is commandment from Allah.

Personally, Ramadan is an opportunity to reflect and seek forgiveness from Allah. It is a chance to become closer to the message of Islam and develop greater self-awareness of the plight of others around the world.

The act of fasting allows the individual to understand the pain and suffering of millions around the world who live their lives in poverty and famine, leaving the participant feeling more grounded and grateful for all that Allah has given them.

For me, it is about cherishing family, community and individual discipline. As a child, and most British Muslim people will tell you, there is no greater routine than the one we are blessed with during Ramadan. From the early starts and decisions on how to start the fast (Sehri), to seeing the incredible spread of foods for when your fast opens (Iftari), to Taraweeh prayers where you would meet and greet neighbours and members of the community who dress in the fanciest of garments! Its a period full of humanely goodness, love, reflect, and growth.

WHY DO WE FAST? @muslim

By praying and doing things like reading the Qur'an, we bring knowledge into our minds and remembrance into our hearts. Ramadan is a month of bringing our relationship closer to God and giving back, in small ways such as charity, donating to the local mosque, and many more.

CARE PACKAGE
CARE PACKAGE
CARE PACKAGE
CARE PACKAGE



HOW MANY TIMES DO WE PRAY? @muslim

AFTER SUHOOR, BEFORE SUNRISE → FAJR
AFTER NOON → ZUHR
LATE AFTERNOON → ASR
AFTER SUNSET → MAGHREB
BEFORE SLEEP → ISHA

that's five times!

FASTING: THINGS TO REMEMBER

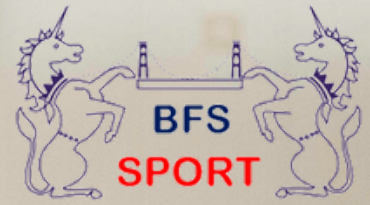
- Irritated? Yes, when you are fasting, the day naturally feels longer, and your energy levels are naturally lower.
- Tired? Yes, I was up at the crack of dawn! And did evening prayers till 12am! No, your energy levels will not be the same as everyone else.
- Create quiet spaces. Ramadan essentially is a reflection month, as you deny your body food, you should be feeding your soul. If your friend is fasting, don't expect them to sit next to you while you eat at lunchtime!
- Patience. Muslims are essentially practising patience, but its important that they get some leeway around everyday activities. If someone who is fasting asks you leave them alone and excuse them for some time, please allow it.
- Encouragement! Share the spirit with your friends by asking them how they are doing and feeling!



Ramadan
Kareem



BFS SPORT



MRS BALLARD



CONGRATULATIONS ROSE!

Rose in Year 10 has been selected for the England Rugby RFU Developing Player Programme at Under 16 level.

Last weekend, she also helped her club side Dings Crusaders retain their title as Southwest champions, defeating Bude 61-0 in the final.

U14 FOOTBALL

The Year 9 Football Team suffered their first loss of the season last night to St Bede's. They have had an excellent start to their campaign, beating Oasis Brislington 2-0, then drawing against 1-1 against Blaise.

This match saw only 11 team members fight out what initially was a close battle, to finally lose 3-1, where tired legs began to show. BFS scored first midway through the first half, with Reece slotting a great cross in to secure an early lead. Their lead lasted until midway through the second half, when they gave a penalty away and St Bede's equalled the score line. Another goal followed in close succession, and then St Bede's scored close to the final whistle.

Special mention this season goes to Ben H for solid defence, Dave U and Mandir for great midfield play, and Hugo for his valiant efforts in goal.

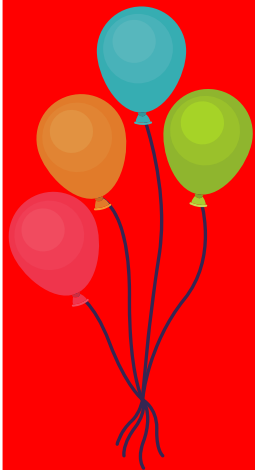




BFS SPORT



U16 RUGBY SQUAD



Cian and Will in Year 11 were selected for the Combined Bristol Schools U16s rugby squad.

They travelled down to Truro last month and played against the Cornish County U16s team. Cian and Will played in the same team and won their match 45:29

The Bristol team were dominant but had to work very hard for the win, playing in some challenging conditions. Well done to both!



U14 INDOOR HOCKEY

On Thursday, Clifton College travelled to BFS for our first U14 indoor hockey fixture. The team was made up of students from Years 7 to 9, and they were eager to get going. In the first 5 minutes Clifton College had the upper hand and attacked our goal several times, to no avail with some super shot-stopping block from our sturdy defence of sisters Emilie and Charlotte, and GK Muhammed. With 8 minutes on the clock in the first quarter, a quick break saw us go 1-0 up, with a super goal from Charlotte. Within another minute, we broke and scored a second with a flick into the corner from Laura. Clifton College were then on the back foot in the second quarter, going a further two goals down from a penalty corner and an own goal.

The third quarter started off the same with BFS in control but two quick attacks from the opposition saw us finish the third quarter at 4-2. Wanting to finish on a high, we had a couple of penalty corners, and so up stepped Charlotte to finish the game 5-2 to BFS. An amazing team effort and a very enjoyable watch. Well done to all girls involved and the support of Mr Shepherd and Mr MacBlain.





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, *Mental Health & Safeguarding Manager*



Miss Hastings, *Medical and Mental Health Officer*

SUPPORTING YOUR CHILD OR YOUNG PERSON



Supporting our teens through their middle years can be tough, in home as well as in school. There are lots of great resources to help us as adults understand, approach and guide our young people through these important years.



Place2Be provide short tips and tricks to help guide and support you on this journey.

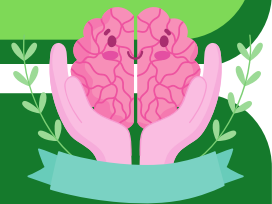


We aren't given a manual when we have children in our lives, and the only reference that we have is how we were interacted with as children.

Our lives, situations and experiences during those early years might be very different from those of our young people today and therefore we need support as the responsible adults. [The NHS website](#) provides good tips on how to look after certain aspects of our children's lives from a mental health perspective.



Technology now plays a huge part in our students lives, and we see the positive as well as the negative impacts of internet access. Mental health impacts including addiction levels really play a part in our young peoples concentration, mood, interaction with the world. As parents we sometimes feel at a loss – but there are lots of [support agencies and spaces](#) to help.



USEFUL LINKS



MUSLIM
YOUTH
HELPLINE



THE MIX



OFF THE
RECORD



CHILDLINE

CREATIVE
YOUTH
NETWORK.

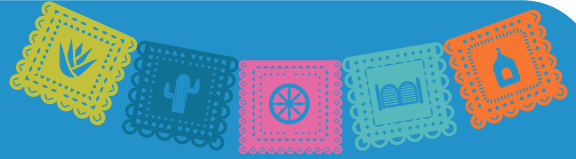
CREATIVE
YOUTH
NETWORK



STUDENT LEADERSHIP

MR SMITH

CULTURAL WEEK



This week, the Equality and Diversity Committee of the House Parliament have organised a Cultural Week at BFS. We have been celebrating our cultural influences through assemblies, through activities in tutor time, through special additions to the canteen menu and through our recipe competition. Some students have presented some of their cultural influences in assembly - with reflections on Pakistan, Wales, France and Scotland. Our recipe competition closes on Tuesday 14 March and will feature in next week's newsletter.

As a reading school, we also presented three book options for delving deeper into cultural influences that student might not have thought about before - *The Kite Runner* by Khaled Hosseini, *Anne of Green Gables* by L.M. Montgomery, and *Life of Pi* by Yann Martel.



BFS MATHS

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CONGRATULATIONS SAM!

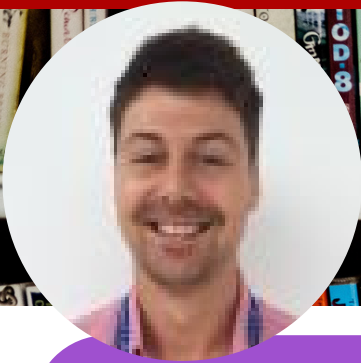


Huge congratulations to Sam in Year 11 who has qualified to take part in the UKMT British Mathematical Olympiad competition. Earlier this year, students took part in the UKMT Intermediate Challenge. Sam's superb score of 105/135 in the challenge was enough to put him in the top 600 Year 11 students in the whole country and earned him his qualification to the Olympiad. Not only is he the first student at Bristol Free School to achieve this, but he only missed out on last year's qualification to the Olympiad by a single question!

For context, here is an Olympiad question from 2020 to puzzle over:

Abel and Cain play a game. They take turns, starting with Abel, and on each turn a player chooses a pair of integers from 1 to 50. One integer in the pair must be twice the other, and the players cannot choose any integers used previously. The first player who is unable to choose such a pair loses the game. Does Abel have a strategy where he can win every time and, if so, what is that strategy?





BFS ORACY

MR HARRIS

ORACY PIONEERS TRAINING



On 27 February, some of our wonderful Year 9 students undertook the first phase of their Oracy Pioneers training at St Brendan's College. Mo, Shaniya, Maeve and Kartel were all an absolute credit to the school, working enthusiastically and confidently with facilitators from Unique Voice, Bristol Education Partnership, and staff and students from six other schools.



Whether they were introducing themselves through a meaningful item, interrogating the qualities of a successful mentor, or presenting their own mini "TED Talks", they all showcased great engagement and passion, really showing BFS ambition. Mo even found time to serenade the entire group with an acapella version of "Mr Telephone Man", which was rapturously received. They are returning for the second instalment of training this month, then will use their newly honed skills as mentors to boost oracy across the school. I cannot wait to report back as this project evolves... watch this space!





BFS SCIENCE

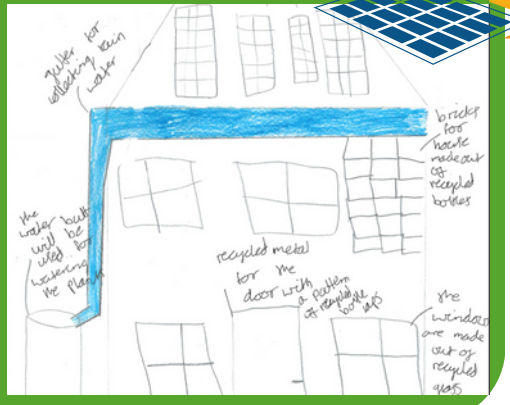
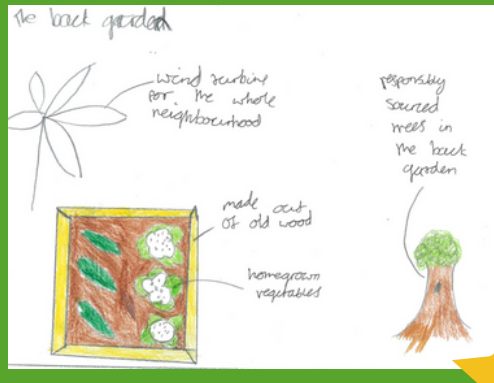
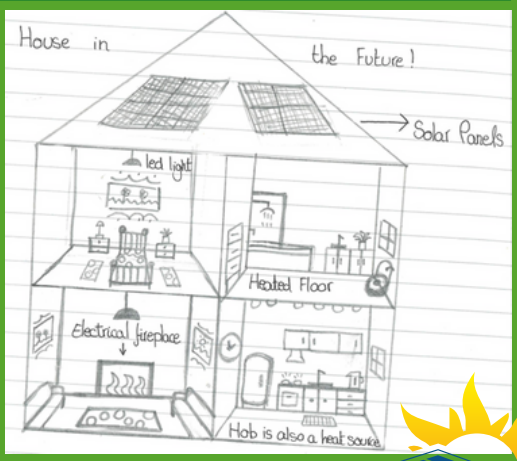
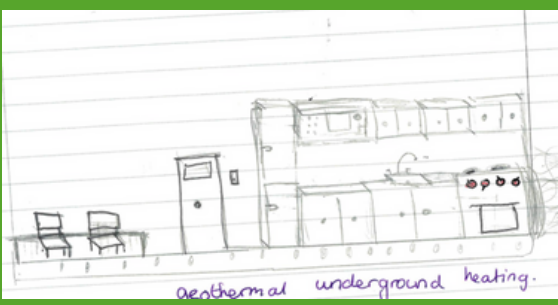


MS SHEEHAN

HOUSES FOR THE FUTURE



7TG3 have been designing houses for the future. Some houses are powered by solar, wind, geothermal. We also have a fully renewable compound and a hamster run house! The future looks bright with these budding engineers!



YEAR 12 NEUROSCIENCE FESTIVAL TRIP

Taking our Year 12s to University of Bristol's annual Neuroscience Festival was a no-brainer! Psychology, Chemistry and Biology students donned their thinking caps to question academic researchers about all things brain-related. We were psyched to take part in activities such as brain games, neuron knitting, and real-time research. Big thank you to the University of Bristol and BFS staff who helped organise the trip – see you again next year!

