

Dear Parents, Carers and Students,

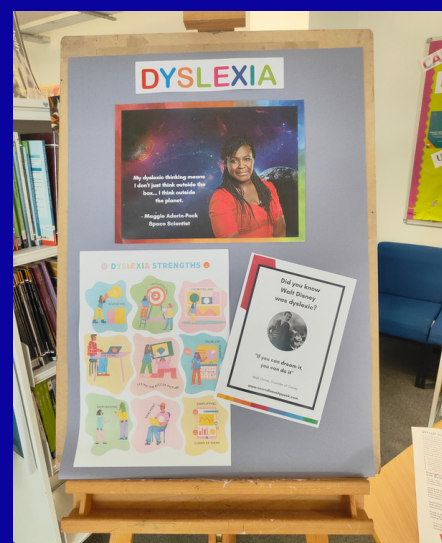
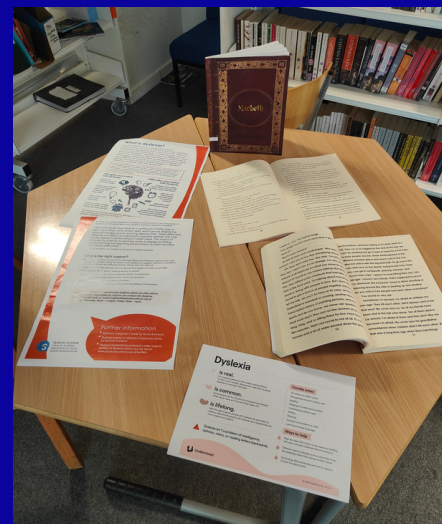
INDUSTRIAL ACTION

This has been a very short week with the industrial action. Despite our best efforts, we were unable to open safely to all students over the last two days.

We had a very high number of teaching staff who took part in the strikes. Unfortunately, there have not been any negotiations with the NEU and the Government. This lack of progress is most unsatisfactory for students.

NEURODIVERSITY WEEK

This week we celebrated Neurodiversity Week with an interesting assembly from our SENDCo, Mrs Parry, a dedicated tutor programme and a host of displays around the school raising awareness of various SEND conditions. My son is dyslexic and I know from personal experience that, with just a few adjustments and better awareness, SEND students can thrive and reach their potential.



DRAMA PRODUCTION

Next week is the school production on of 'Tuesday', on Tuesday 21 and Wednesday 22 March in the school drama hall.

I do hope many parents, carers and students can come along one evening. Mrs Jerome and cast have been rehearsing tirelessly for weeks and I know we are in for a real treat.

YEAR 11 & 13 EXAMS

Year 11 and 13 are now in the final weeks before the summer exam series. Practice exam questions are critical at this time, and we will make sure our students have plenty to try over the Easter break.

I hope you enjoy this week's newsletter, which has lots of great articles again.



MRS S KING

KEY DATES

- 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
- Thursday 23 March - European Youth Parliament Trip
- Thursday 23 March - Y7 Subject Evening
- Friday 24 March - U13 Girls Football Tournament



BFS CAREERS

MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER



This morning, we were delighted to host a representative from the Police for our Employer Talk.

The talk was very well attended by our students and focused on the wide range of job roles available within the Police. Our speaker also gave a personal insight on his own experiences in the Police and talked about the many different roles and situations he faced as a Police Officer for 26 years.

The students were also taken through the many different entry routes into the Police, with the three main entry routes being:

1. Police Constable Degree Apprenticeship (PCDA)
2. Professional Policing Degree (PPD)
3. Degree Holder Entry Programme (DHEP)

For more information about careers in the Police and different entry routes please see the links below:

www.avonandsomerset.police.uk/apply/jobs-and-volunteering/

www.avonandsomerset.police.uk/apply/jobs-and-volunteering/police-officer/

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 THE CREATIVE INDUSTRY AND THE HEALTH AND SOCIAL CARE INDUSTRY.



BFS ATTENDANCE

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.

ONLINE SAFETY

In our February safeguarding letter, we wrote to parents about the use of school IT accounts. Please be aware that all schools have monitoring software that supports the safe use of technology – our school system is called ESafe. Any activity on a school account, including emails, bullying or discriminatory behaviour, internet searching and inappropriate access to websites or other software, can trigger instant alerts to our safeguarding team. The response to inappropriate use will, in part, be an educational one; school will work with students to help them develop skills around the safe use of IT. However, depending on the particular circumstances, in some cases the response will include sanctions, removal of IT access and the involvement of parents.

Students are responsible for all activity on their account, so they must develop the habit of not leaving screens unattended, locking their screens and keeping passwords secure. Students will have this message reinforced through IT lessons, tutor messages and assemblies. Please do continue to have conversations with your children about the way they use IT.



FRIENDS OF BFS (FOBFS)

FOBFS will be running a pre-show refreshment bar in the Sports Hall from 6:30pm before the performances of 'Tuesday' next week. We will have our usual selection of drinks, sweets and crisps. We can accept cash or cards. Please come and support our fundraising!

FOBFS are keen to recruit some new members. We will be holding our AGM soon, so please look out for the date and come along if you're interested in either joining the committee or just signing up to help at events!

JOIN OUR WONDERFUL TEAM OF INVIGILATORS!



BFS Exams Department are looking for invigilators to join the team! Exams run throughout the year with mocks in November/December, February and April as well as the main summer season throughout May and June. Morning sessions start at 8:30am and afternoons at 1pm and last between 2-4hrs depending on the length of the exam.

If you are interested in finding out more, we are holding an open morning on Wednesday 22 March at 10am.

Please email exams@bristolfreeschool.org.uk if you wish to attend.

BFS SPORT



MS BALLARD

WELL DONE ARCHIE!

Archie in Year 8 has returned from Paignton this weekend from the Southwest regional finals of Indoor Athletics, where he competed for Avon with the U13 Boys team.

Archie started the day off by competing against the best athletes in Devon, Dorset and Gloucestershire, coming 2nd in shot-put and then coming 1st in 4x1 lap relay, and then 1st again in 4x2 lap relay. Archie and 11 other boys from Bristol came 1st overall and are now going to compete at the UK national finals in April. We can't wait to hear how he gets on. Well done!



CONGRATS SID!

Sid in Year 8 represented Avon and Somerset in the U13 UK Intercounty Championships in Loughborough last weekend. There were over 300 participants in this international event, racing against the fastest runners in the UK! We are still awaiting the exact finishing place but Sid finished middle of the pack. What an achievement - congrats Sid!



BFS FOOTBALL

Congratulations to the following BFS football teams as they have all progressed out of the group stages and are into the quarter finals of the Bristol Schools competition:

Year 7 Boys
Year 8 Boys
Year 11 Boys
U14 Girls
U16 Girls

Go BFS!



U14 FOOTBALL

Our U14 Football Team played in their quarter-finals of the Bristol Schools against Bristol Cathedral Choir School this week. The team comfortably won 11-1. Goal-scorers were Matilda, Polly (4), Chloe (3), Em (2) and Isla (1). Well done on reaching the semi-finals in both the Bristol Schools and the National Cup!

YEAR 8 NETBALL



WELL DONE!

Our fantastic Year 8 Netball Team, who have already been crowned Bristol Schools' champions, faced Wellsway in the county semi-final game. Their attitude and determination led to a superb 19-11 win, and Sophia being nominated by the opposition as Player of the Match. The team will now represent the school at the Level 3 School Games later this month; an amazing achievement! A massive thank you to our wonderful Sixth Form coaches, Sarah-Lou and Megan, who did a fantastic job coaching, umpiring and scoring the game.



MS BALLARD

U12 GIRLS FOOTBALL FESTIVAL



The U12 Girls Football Team travelled to St Bede's on Monday for the yearly festival against a variety of schools. We were drawn with Orchard, Montpellier and Blaise. As soon as the first kick was taken, the downpour started and did not let up until the last kick of the game. However, this did not deter the girls from playing some attractive football, beating Blaise in their first game 8-0. With no official goalkeeper, the girls shared this responsibility between them which showed great commitment.

The second match against Montpellier was a different game, and possession moved from one team to another. The game was closely fought but unfortunately Montpellier scored a screamer early in the second half and the result remained at 1-0.

The girls' final game was against Orchard, and by this point the girls were drenched and very cold, but kept going and some fantastic goals from Emily and Jess resulted in another huge win of 7-0. Well done to the whole squad!

LONDON MARATHON FOR CANCER RESEARCH!

Having applied through the ballot for the last 5 years and the odds of getting a place being so small, I couldn't believe it when I got the email to say "You're in" back in November! I started training after Christmas and am up to roughly 20 miles a week. With only 5 weeks to go, my Dad is helping with the training by cycling along side me while I run, to keep me company!

I am raising money for Cancer Research, any donations will be gratefully received and will go to a fantastic cause. You can donate [here](#).



U15 RUGBY BOYS SUCCESS!



The Y10 Rugby Sevens squad travelled to Collegiate School on Monday to compete in the Bristol Schools' Sevens Competition.

Drawn into a tough group, comprising of Clifton College, Katherine Lady Berkeley's, Bristol Grammar School, Trinity Academy and Clifton High School, the boys were eventually 3rd in their group, taking the scalps of Trinity Academy, BGS and Clifton High on the way. This has provided a stern test and good preparation as they travel to Rosslyn Park National Sevens Competition on Wednesday 22 March.

In addition, a number of BFS students were involved in Clifton RFC's 31-5 win over Gordano in the final of the Bristol U15 Combination Cup on Sunday. Those involved were Sam H, Angus H, Isaac S, Henry S and Felix S. Well done!



STUDENT LEADERSHIP

MR SMITH

CULTURAL WEEK COMPETITION

Last week, we celebrated the diverse cultural influences amongst staff and students at BFS through our Cultural Week. Organised by the Equalities and Diversity Committee of the House Parliament, the week involved assemblies, tutor activities, specials in the canteen and our recipe competition. Here's a selection of the entries received.



ELSA'S THAI GREEN CURRY

For sauce:

- 1 onion
- 1 yellow pepper
- 2 cloves of garlic
- Half a jar Thai green chilli paste
- 1 can of coconut milk
- A handful of Green beans
- Coriander

For rice:

- 1 packet of sticky rice
- Water

Method

1. Put the sticky rice in a bowl and cover with cold water
2. Leave for two hours
3. Put the sticky rice in to a steamer over boiling water and steam for 20 minutes, until the rice is soft and sticky
4. Next fry the onions and peppers in ground nut oil for 3-4 minutes
5. Then add the garlic, fry for one minute
6. Add the curry paste, fry for two minutes
7. Add the can of coconut milk, bring to the boil
8. Add courgettes and beans, simmer for 45 minutes.
9. After that being everything on to a plate and enjoy your meal.

STUDENT RECIPES

Ingredients:

- 350g straight-to-wok noodles
- 3 tbsp vegetable oil
- 3 eggs, beaten
- 350g raw king prawns
- 1 onion
- 3 spring onions
- 200g been sprouts

For sauce:

- 2 tbsp fish sauce
- 2 tbsp light soy sauce
- 2 tbsp mirin
- 2 tbsp lemon juice
- 2 tbsp brown sauce
- 2 tbsp sriracha
- 1 tbsp tamarind paste
- 2 tbsp brown sugar

Method:

1. Put the noodles in a colander and pour over boiling water. Drain well and set aside.
2. Mix all the sauce ingredients together in a bowl. Place a wok over a medium-high heat with 1 tbsp of oil and, once hot, add the eggs. Mix gently for a minute to scramble, then transfer to a plate. Add another 1 tbsp of oil to the wok and add the prawns. Cook until they are pink and lightly charred then transfer to the plate with the eggs.
3. Add the remaining 1 tbsp of oil and fry the onions, then add the sauce along with the noodles, beansprouts, prawns and egg. Stir to combine and cook for another minute before serving.

CHLOE'S PRAWN PAD THAI



HOUSE PARLIAMENT

Today, House Parliament met with Mrs Jenkins to discuss our reading strategy in school.



We discussed ways of encouraging students in their reading, ways of celebrating reading and the sort of books that students enjoyed reading.

Some suggestions were more opportunities for small group reading (and a book club), having more tutor discussions about books we've been reading and having more opportunities to read extracts from books together as a tutor group.



BFS SEND



NEURODIVERSITY WEEK!



MRS PARRY

This week, we've been marking Neurodiversity Celebration week at BFS. In lessons, during assemblies and over lunchtimes, students have been provided with opportunities to recognise the talents and advantages of being neurodivergent. We want all students to feel valued and included at BFS. We're proud of our differences and this week has given us the perfect excuse to promote them!

During open events in the LRC, students have been invited to come and find out more about Dyslexia, ADHD and Autism.

We've chatted about some of the difficulties and celebrated the strengths of neurodivergent students, their friends, family members and people we admire. Thank you to everyone who has joined in with these discussions!

Instructional videos have provided inspiring examples of the many famous, neurodivergent individuals. Students have then been encouraged to test their new learning with quizzes at the end of each day. We have a Neurodiversity Poster Competition running now so that we can continue to promote, celebrate, and increase our understanding. Please bring your entries to Mrs Parry in CG05 by Friday 24 March.



For parents and carers, there's an opportunity to find out more about the support we provide at our upcoming SEND information events.

Monday 27 March (Year 7-9) and Thursday 20 March (Years 10-13) from 3.15 - 4.45

These will take place in the LRC.

Email sen@bristolfreeschool.org.uk to let us know if you'd like to attend.





BFS TEXTILES

MS CORRIGAN

YEAR 9 BUCKET HAT PROJECT

Here is a selection of final products from Year 9 DT students who have just completed the bucket hat project! From tie-dyeing and using a lay plan and pattern pieces, to doing embroidery and using a cricut machine, they have done a great job. Well done everyone!





MS TOVEY

BFS PSYCHOLOGY

PSYCHOLOGY COMPETITION

Psychology is considered to be the study of the mind and human behaviour, much of which is linked to the brain. We are asking you to get creative and make a brain. We are leaving this open to interpretation and it can be submitted as a solo, pair or group entry. You could crochet a brain hat, make a brain cake or...well, the choice is yours!

The best entries will be creative and will feature the four lobes of the brain clearly (frontal lobe, parietal lobe, occipital lobe and the temporal lobe). This can be easily googled if needed. Bonus points for including other important areas of the brain!

To enter, please make your brain and submit a photo by sending it to a.tovey@bristolfreeschool.org.uk. If you do make a brain cake, drop a slice to DG16 too! Entries must be submitted before 6pm on Sunday 26 March.

Best of luck, budding psychologists!



Be Creative





BFS COOKS

TUNNOCK'S TEACAKE COMPETITION! MISS EVANS

This week Year 7 and 8 students took part in the BFS Tunnock's Teacake House Challenge. The theme this year was patterns and shapes. All the students who took part worked hard on their designs and embraced the challenge. The competition was judged by Mrs King who was impressed by 'the range of creative ideas'.

The winner for the 'Up to 14 years of age' was Alba Smallman (Blaise) who designed 'Save Our Seas: Sea Shapes' to create awareness of the ongoing issue of plastic in our seas.

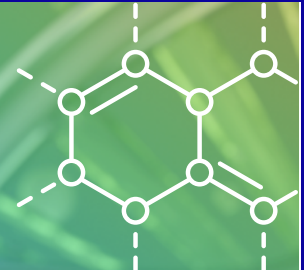
The winner for 'Most Novel' was Evie Monelle (Canford) who created 'Pitch Patterns' inspired by her recent trip to watch the Lionesses at Ashton Gate.

They will now be put forward to the national Tunnock's competition. A big well done and thank you to everyone that entered; it was a fun evening!





BFS SCIENCE



MS KELLY

CONGRATS ELLIE AND EMMA!



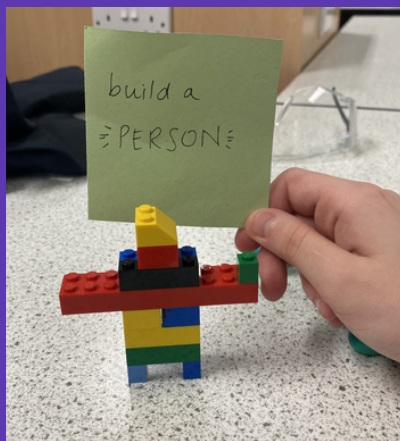
A big well done to Ellie J in Year 9 and Emma G in Year 7 on being awarded 'Commended' for their entries to the RWA Brain Art Competition.

Both students created some beautiful artwork that was recognised at the Prizegiving evening last week, held at the Royal West of England Academy.

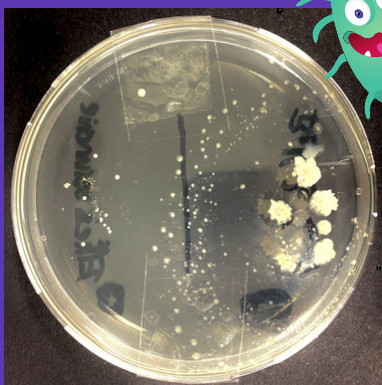
Congratulations on this fab achievement!



BRITISH SCIENCE WEEK




This term, BFS has embarked on 'Mission X: Train Like An Astronaut'! Across 26 countries, teams of students are completing challenges launched by the European Space Agency in order to earn points. From dexterity-driven Lego builds and fitness relays, to growing and destroying microbes and launching rockets; each task represents a unique challenge faced by space travellers. Our budding astronauts are currently ranked 5th in the UK out of 88 teams!





CAREERS UNTAPPED:

PATIENT CARE ROLES - THE HEART OF THE NHS

A stylized, light blue silhouette of a city skyline with various skyscrapers and a Ferris wheel on the right side, serving as a background for the text.

Join us for our fourth NHS Careers Untapped webinar showcasing a variety of roles at the heart of patient care. Expect to hear from a range of colleagues across London who work in healthcare and contribute to the care and flow of patients every day. This event is completely free and open to young people between 13 – 18 as well as careers advisors and mentors.

THURSDAY 23RD MARCH 2023

16:30pm - 18:00pm

Careers and professions covered include:

Paramedic - Emergency Department Technician - Consultant Midwife - Junior Doctor
Patient Pathway Coordinator - Mental Health Nurse - Ward Manager - Health Visitor
Hospice Care

ZOOM WEBINAR

[REGISTER HERE](#)

EMAIL

Events.gla@gosh.nhs.uk

****FREE
EASTER
ACTIVITIES**



3 - 6 APRIL

**Lunch
included**

**Fonthill Primary Academy
5 - 15 years old
9am - 1pm**

**Join us for our Easter multi-sports fun!
Come for a fun packed week full of sport, arts and crafts and a free lunch!
£20 per day or free for those on *free school meal related benefits**



Scan here to book now, and check if you're eligible

***Free for children on free school meal related benefits, please see our website for more details . Use code HAFEASTER2023, all eligibility will be checked with Bristol City Council.**

www.pro-coaching.co.uk

info@pro-coaching.co.uk

BEHAVIOUR EXPECTATIONS USING ICT AT SCHOOL

Please remember **YOU** are responsible for everything that happens whilst you are logged onto your school IT account. Your search history, keystrokes and website cookies are automatically tracked by school tracking programmes.

If you are found to be using IT software, applications or hardware in an inappropriate way normal school sanctions will apply and where serious you may have your account suspended and families will be asked to come in and discuss your IT usage.

Please remember:

- You should never be working on another person's account
- You should never leave your PC untended and unlocked – you are still responsible if someone else then uses your equipment
- You should only visit approved websites
- This applies to using any School IT equipment, in school or remotely
- Mobile phones should not be used (this is school policy) unless you have been directed to use them by your teacher

**KEEPING PERSONAL
DATA PRIVATE**

