

Newsletter

Dear Parents, Carers and Students,

CREATIVE WRITING COMPETITION

I am delighted to announce the BFS success in the fiercely fought RET Creative Writing Competitions. This is a competition between the five RET schools, standards are very high and this year we have made a real impact!

Congratulations go to Niamh C (Y8) who was highly commended, Martha R (Y11) who came second, and Jacob C (Y10) who was the overall winner! We are all so proud of their achievements, especially the English Department.



Mrs Williams said the students' work was entered into a hugely competitive field across the Trust and to become overall winner and runner-up is an exceptional achievement. Not only were the stories well crafted, but each, in their own way, demonstrated a genuine creative sparkle!

CORONATION OF KING CHARLES III

Next week, we will be preparing students for an important moment in British history; the coronation of Charles III, the next King of the United Kingdom.



This historic event is set to take place on Saturday 6 May 2023. Mrs Jenkins and Year Leaders will be delivering an assembly on the role of the monarchy and the traditions around the coronation ceremony next week. We will also consider the viewpoint of republicans, so our young people can develop their own critical thinking around British Values and our democracy.

Our school canteen will be serving a coronation menu with afternoon tea on Thursday 4 May. It is an excellent opportunity for us to come together and celebrate our culture and heritage.

EXAMS AND INDUSTRIAL ACTION

Aside from these events we have been spending a great deal of time preparing students for upcoming exams. Year 11 and the sixth form all came in vesterday despite the strike and are working very hard for the start of exams on Monday 15 May. Year 10 taking French and Spanish exams were also in school. Year 10 have also been fantastic in their exams this week. Ms Mendez and Mr Fernandes congratulated them on their maturity, focus and hard work. Results will be available before half term and term 6 will be busy responding to their teacher's feedback.

Year 11 and sixth form will have lessons on Tuesday 2 May and the rest of the year groups will be working at home due to ongoing industrial action. Year 10 will focus exclusively on Religion and Philosophy to prepare them for their short course GCSE examination (23rd May). Mrs Steele is sending a letter to you with further information about the structure of the day and resources which students will use at home.

Thank you for your support. I hope you enjoy this week's newsletter and the bank holiday weekend.

MRS S KING



KEY DATES

- Monday 1 May Bank Holiday
- Tuesday 2 May Strike Day
- Tuesday 2 May Y12 Oxford College trip
- Thursday 4 May Saturday 6 May Y10
 Silver DofE Practice Expedition
- Monday 8 May Bank Holiday King Charles' Coronation

>WE'RE HIRING!

We are currently hiring for a variety of roles, teaching and support staff. Please see our current vacancies <u>here</u> on our website and join the BFS Team!

ATTENDANCE

Please note that term-time holidays are not routinely authorised, unless there are exceptional and unavoidable circumstances.

If you are thinking of booking a term-time holiday, please email admin@bristolfreeschool.org.uk for an Absence Request Form and return it to the same address as soon as possible. Your request will then be considered.

Taking a term-time holiday may result in a Penalty Charge Notice from Bristol City Council. This is currently £60 per child per adult. So, if a two-parent family take three school-aged children on holiday, this would mean that each adult could receive 3 x £60 fines, taking the total penalty cost for the family to £360! This could then be increased, if the fine is not paid promptly or if prosecution is deemed appropriate by the local authority.



BFS CAREERS

MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER

Today we were delighted to host representatives from Hanson group for our Employer Talk about careers in the construction industry.

Hanson UK is a leading supplier of heavy building materials in the construction industry. They produce aggregates (crushed rock, sand and gravel), ready-mixed concrete, asphalt, cement and cement-related materials. They operate around 300 manufacturing sites in the UK and employ over 3,500 people in a wide range of roles from production workers, plant operators, technicians and drivers to sales, IT, engineering and finance managers.

The talk focused on the different employment opportunities at Hanson and the different career progression routes that exist in the organisation. The students were also told about the exciting degree apprenticeship that the company offers. This is a great opportunity where students can work for Hanson and they will also pay for their university degree. For more information, please visit their website.

In addition, <u>click here</u> for a video of a current apprentice talking about what it is like to be an apprentice at Hanson.

If you would like to work with the school offering employer talks to the students then please get in touch with the Careers Department.





MENTAL HEALTH & SAFEGUARDING



Medical and Mental Health Officer

Mental Health & Safeguarding Support, Advice & Information Health & Safeguarding

Ms Townsend, Mental

SPRING CLEAN YOUR MENTAL HEALTH

With the change in season upon us, Spring is a great time to declutter, tidy and get things ready for the outdoor season. Even your Mental Health needs a spring clean, and there is no better time to start!

CREATE A TO-DO LIST

- Create a to-do list of short term and longterm goals that you want to complete
- Reconnect with friends
- Take time to enjoy the little things (a coffee, a 5 min break, some deep breathing)
- Small dreams and big ideas



CONTRIBUTE TO THE



- Volunteer with a local community group
- Pick up litter in your local neighbourhood
- Take time to wish someone a good day
- Pay it forward with random acts of kindness

RENEW YOUR SPIRIT

- Take up practising yoga or mindfulness /
- Acknowledge thought processes and clear the flow
- Don't sweat the small stuff
- Be aware of your physical and emotional needs

IMPROVE YOUR PHYSICAL



- Easier to eat more healthily in the Spring / Summer months
- Walking 3-4 times a week
- Eat dark chocolate instead of other sugary
- Enjoy the light and the weather get outside more

Kooth is an online **mental wellbeing** community for young people Here are some of the features young people can access on Kooth:



The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Young people can chat with our helpful team about anything that's on their mind



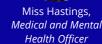
Young people can view their daily journal to track feelings or emotions and reflect on how they're





MENTAL HEALTH & SAFEGUARDING





Mental Health & Safeguarding Support, Advice & Information Health & Safeguarding

Ms Townsend, Mental



OTR X COEXIST COMMUNITY KITCHEN



If you are 13-17 years old, a young black woman or young woman of colour, if you are interested in cooking food with other people and then gathering around a table to eat what you've made together, then this project is for you.

Each session will look a bit like this:

- 20mins at the beginning to grab a cuppa, have a chat with other participants, or just settle into the space. We'll do a bit of a check-in and make sure everyone has the chance to introduce themselves.
- 2 hours of cooking. The cooking will often be collaborative or in pairs.
- 30mins at the end of the session eating the food around the table as a group with some conversation about how you found the session and what you'd like to cook next time.
- 10mins clear up.

Location

Bristol

Drop-in or Sign-up?

Sign up

Running dates

Monday

Age range

13 - 17

Location

Coexist Community Kitchen, Studio - Unit 10, Epstein Building, Mivart St, Easton, Bristol BS5 6JF

Timing

4pm - 7pm

Running dates

Monday 15 May Monday 22 May Monday 5 June Monday 12 June

To see more details and sign up, click <u>here</u> or email lara@otrbristol.org.uk.

WEBINARS FOR YOUNG PEOPLE

HOW TO MANAGE EXAM STRESS

Click here to watch. Passcode: N7daw!=C



HOW TO MANAGE LOW MOOD

Click <u>here</u> to watch. Passcode: 8u*8i+NI

HOW TO MANAGE

ANXIETY

Click here to watch. Passcode: CWuA+2#2













BFS PHYSICS

MR LALLY

PHYSICS ILLUSION COMPETITION WINNERS!

Over the Easter break, students were challenged to produce an optical illusion using their knowledge of physics. The brief left a lot to the imagination and there were some fantastic entries!

There are too many submissions to all be included here but a massive well done (and four house points) go to all entrants!



FIRST PLACE



It was an extremely close call, but first place had to go to Polly in 7TG1 who assembled and tested this infinity mirror. Well done, Polly!



SECOND PLACE



Second place goes to Mark in 9TG6 who created this "tensegrity" structure by finely balancing the forces of weight and tension.

RUNNERS-UP!



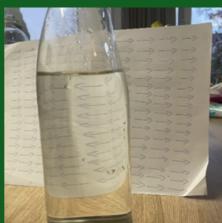
LIBBY 8TG4



JACOB 7TG3



TOBY 8TG2



YAN 10TG3





BIOLOGY HOUSE COMPETITION

Great British Creature Hunt!



Provide a photo and brief caption, describing the creature you have found, why it is interesting and any other fun facts about it. (up to 100 words). Submit your photo alongside your caption in Word or PDF format to your school - email Miss Hawes at j.hawes@bristolfreeschool.org.uk.



Hints and tips on finding and identifying bugs: WANTED TO

<u>Tips for Finding Bugs</u> Identifying a Bug British beetle guide





HOUSE CHARITIES BAKE SAL



Thank you to all those who supported Monday's House Charities Bake Sale - either through baking some very delicious items or through bringing in donations. We sold over 600 individual items and raised a super £294.55 for four excellent charities! Here were the house results:



ASHTON

Ashton House raised £80.65 for St Peter's Hospice!





Canford House raised £74.70 for **Bristol Black** Carers!



DURDHAM

Durdham House raised £69. 73 for **RNLI Portishead!**



BLAISE

Blaise House raised **£69.47** for Children's Hospice South West!



A special well done to Ashton House who will be receiving a big boost to their house points tally!



BFS SPORT



MS URCH WELL DONE

IMOGEN!

Imogen (9TG6) has been selected to play for Gloucestershire Women's Cricket First Team on Sunday in their match against Dorset, as part of the ECB Women's County Championship. Best of luck Imogen!

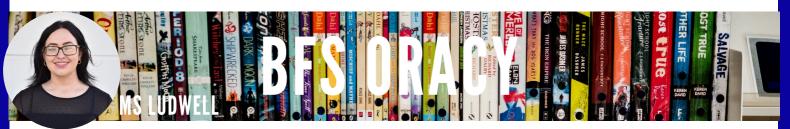
Gloucestershire Women vs Dorset Women







BOUNDARY
SCREEGLING LTD



ORACY PROJECT

8TG5

Week 5: Your speech:

Rosie: Women's rights... very different to what it hosse: our work today is very different to what it hosse: our work today is very different to what it hosses to be. More than 100 years ago there was a powerful movement from women all across Britain but there still needs to be change.

Lilia: Recently, it was women's month but there were many questions focusing around the lack of a men's month. Because everymonth of the year is a men's month. Issy bid you know that cars globally are tested and designed for mare bodies, male sportmen get higher pay by a large amount even if the women get futher in townaments from medicine are going to react and deal with it.

Rosie: Society has come a long way, but it has further to go. Life is hard why make it harder.

For the past few weeks, Year 8 have been taking part in Mrs Corrigan's oracy project: "How could your voice change the world?" The students have spent time in tutor investigating what an effective speech looks and sounds like, researching their own topics of choice, and writing their speeches with support from their tutor.

Finally, the day of performances came around and the students who performed (a number of each tutor group) smashed it out of the park! We were all very impressed with their topic choices, how confidently and passionately they shared their speeches, and using effective techniques to persuade us to agree with them. I believe that we have many candidates for the next Prime Minister in Year 8!

It was a real joy to watch them perform their speeches and the tutor felt like we had learned an abundance of information by 9 am!



EMILY R

Should we believe everything we're told? Since written records began, we have been fed a steady stream of information down the centuries, but few of us actually question whether or not it's all true. We have assumed its truthfulness, facts told to us by those in positions above us, from advertisements to victors, or politicians to those with a higher governmental status. Have you ever wondered if they're telling you these "facts" for your benefit, or as a means of control?

In the case of food and agriculture, one of the world's largest agro-chemical companies, Monsanto, has been subject to many lawsuits involving the safety of their pesticides and GM products. Unbelievably, their parent company is 'Bayer Pharmaceuticals', the irony of which is where two diametrically opposite sets of ethics collide- One poisons you, the other attempts to cure you! Monsanto was originally known in the early to mid 20th century for their invention and use of 'Agent Orange', which was used by the US military during the Vietnam War, 'DDT', and 'PCB's (Polychlorinated Biphenyl)' which have been proven to be carcinogenic. Not only have Monsanto blatantly lied about the carcinogenic risks and effects of their products, but they have also been allowed to legally prevent or sue farmers from using their own seeds, calling it 'patent infringement'. They've now bought out nearly all of the worlds seed supplies in order to form a monopoly.

We have come to rely on social media for news, events, entertainment etc...

These vast companies have become our go-to source of information and socalled 'truths'. The way that they are allowed to control every aspect of our
lives without any accountability is extremely worrying to say the least. For
example, certain ideas that don't match the agendas of the companies
involved are often excluded or banned from the given platform. Some of you
may not be aware that Google and YouTube are the same company. The way
their search algorithms operate, generally favours a particular point of view.
Also, six multi-national media companies (Disney, NewsCorp, Viacom,
TimeWarner, CBS, and GE) own 90% of all media outlets. For example Disney
owns the following: ABC, ESPN (Entertainment and Sports Programming
Network), Marvel, The History Channel, A&E (not Accident and Emergency,
but actually 'Arts and Entertainment Network'), Pixar, and many more. Out of
the 'Big Six' that is Disney alone.

When it comes to history, much of what we have come to believe through our history books has been dependent upon the bias of the writers of the time. A prime example of this is the commonly held image of Richard III, originally chronicled by Sir Thomas More and William Shakespeare, whose links to the Tudor Monarchy influenced them to paint Richard in a very negative light, as he came from the previous Plantagenet dynasty. History is littered with many other examples of this type of bias.

As you can see, lies have been fed to us throughout the ages, so listen with a critical ear, and see with open eyes, and don't take everything you see or hear at face value. I'll end with a quote from famous human rights activist, Malcom X, "The media is the most powerful entity on earth. They have the power to make the innocent guilty, and to make the guilty innocent, and that's power, because they control the minds of the masses."

We are all aware of the current dying state of the world, yet we do nothing. Our world needs fixing because of our species. We broke it. So now we must pick up the pieces and mend it, and we don't need a prime minister or laws to do that, we don't need money and parliament. We just need people, and an urge for change.

I guarantee, if I were to ask, 'Who wants to change the world?', the majority would raise their hand, but who would actually do something?

I don't know what we are waiting for, do we need to be spoon-fed unachievable ideas in how to change this world? I mean, look at our government, they say we'll have switched to electric cars by 2035. But how will we get there if they are priced so high? How will we reach these vast targets if there is no path to get there?

We do not need huge solutions, simply pick up a litterpicker and clear a street of rubbish. That may seem small, but it makes a difference.

Greta Thunberg, she, is, brilliant. She is the voice I talk about. But a voice is simply not strong enough to change this world, she could talk and talk and talk yet we would still do nothing. Words are only half of the solution, the rest, well that's up to us. Because, yes, a voice can make the news, and break a headline, but voices, they're even

better, they can change the world. Together, we can change the world.

POPPY

I am here to talk about the benefits of a four-day school week. This is a topic that has been debated by educators, parents, and students for years. While some may argue that a four-day week would be detrimental to student learning, there are several reasons why it could account to the positive change.

First and foremost, a four-day school week would give students and teachers an extra day to rest and recharge. Research has shown that adequate fest is essential for academic success, and a shorter week would allow students to catch up on sleep, reduce stress, and be more focused when they return to school.

Moreover, a shorter school week would provide students with more time to pursue extracurricular activities, hobbies, and jobs. Sports clubs can also help physical and mental health. Additionally, students who are involved in extracurricular activities often have better attendance, higher grades, and stronger social skills.

Furthermore, a four-day school week could save schools and families money on transportation, energy, and other expenses. By reducing the number of days the second days and classrooms are heated or cooled, schools could save a significant amount of money for the second days a second days a second days a week.

In addition to the benefits mentioned above, a four-day school week could also help to reduce section distributions of stress and exhaustion due to long work hours, heavy workloads, and challenging classroom environments. A shorter school week could provide teachers with more time for planning and distributions which could ultimately improve the quality of distributions and student outcomes. By reducing the pressure on teachers and improving working conditions, schools may be able to increase the learning of students, which is essential for creating a strong and sustainable education system.

Of course, there may be doubts about the effectiveness of a four-day school week, particularly in terms of maintaining academic standards and meeting attain requirements. However, with careful planning, evaluation, and collaboration, these concerns can be addressed and adjusted, while still reaping the benefits of a shorter school week.

LUCAS

Over the coming months students will have an assembly from Robin Jowit OBE, following his visit to Ukraine in January this year. As former Mayor of Richmond and having served as a governor in a local Richmond school for 40 years (currently a governor at Turing House School), Robin has a keen understanding of the value and importance of education. He travelled to Ukraine with the intention of understanding the impact the war is having upon students, their teachers, the schools and young people's education. Robin has already shared his experience with the Sixth Form students at Turing House School.



He showed how the students and teachers live with daily missile alerts, extensive power cuts and how they bravely continue to deliver lessons in powerless bomb shelters and basements. Some of the schools he visited have been bombed and lost classrooms and resources. Some have lost large numbers of students whose families have fled violence and destruction in their hometowns. Other schools have expanded or merged to support students relocating to them from destroyed nurseries, schools and colleges. You can read more about Robin, his visit and his fundraising for Ukrainian schools in this <u>article</u> in SW Londoner.



Jacqui Kerr reports on one man's quest to see the effects of the war in Ukraine on its children. The daily news images of Ukraine's war-torn towns, the bravery of its soldiers and the desperation of its people conjure up many emotions in us all. For one 85-year-old man, a former Mayor of Richmond, and current governor at Turing House School in Twickenham, they presented a chance to embark on a personal quest. Robin Jowit travelled alone to Ukraine to see what impact the war is having on the children and their education. His main aim was to raise awareness and money to help the pupils.

During his visit – which was self-funded without insurance but with the help of the Rotary of Kew Gardens and Sergii Zavadskii, a fellow Rotarian in Ukraine – he was able to see the plight of children and their teachers. He visited seven schools; those in Kyiv and nearby Boryspil had not suffered any war damage, but for one school in Buzova near Bucha it was a different story – it had received 14 missile hits and had 116 windows blown out. All schools, whether damaged or not, are suffering constant power cuts, which interrupt the children's education. In a life where families and teachers are fleeing the war and some parents and teachers' partners have been killed, a constancy of education is needed to help balance the trauma. Teachers and charities are providing mentoring and psychological assistance. Whilst praising the heroism of the teachers, Robin also recognised a need that he as a Rotarian could try and fulfil and has established a practical and plausible way to help these schools. During the many missile alerts, the only places of refuge are dingy, unlit bunkers so he has prioritised a fundraising scheme to buy batteries to run generators during the power cuts, allowing the children to continue learning. In their war-torn world, learning can help ameliorate what is going on around them outside the school walls, where damaged buildings and destruction confront them at the end of a school day. They are even being trained to be alert to landmines and how they are disguised. Robin is now spending his time visiting schools in the UK to establish links to Ukrainian schools. Together with the Rotary Club of Kew, he is continuing to appeal for funds to help the children of Ukraine. Visit the Rotary Crowdfunder page here.