



SWIMATHON FOR CANCER RESEARCH

Congratulations to Amelie in Year 10 for completing a triple 5K swim, and raising over £700 for Cancer Research UK in memory of a close family friend. Her timings for the three swims were 1 hour 54 minutes 16 seconds, 1 hour 50 minutes 47 seconds and 1 hour 54 minutes and 31 seconds. Well done Amelie!

Thank you to everyone who has sponsored Amelie so far. Click [here](#) for the link to donate and read more about Amelie's fundraising mission.

KEY DATES

- Wednesday 24 May - Subsea STEM Competition Y9
- Wednesday 24 - Thursday 25 May - Y9 Bronze Qualifying Expedition Group 2
- Friday 26 May - Saturday 27 May - Y9 Bronze Qualifying Expedition Group 1



BFS CAREERS

MR PARRY
HEAD OF BUSINESS AND CAREERS LEADER

Today we were delighted to host representatives from Crux Product Design for our Employer Talk about careers in product design and engineering.



Crux Product Design is a design and engineering company based in the Paintworks, Bristol. They are a team of over 100 usability practitioners, designers, engineers, and electronics and software specialists who work to tackle challenging problems across the consumer, healthcare and technology sectors.

The talk focused on the different employment opportunities at Crux Product Design and the different job roles. The speakers gave their personal insight on their career journey and spoke about the different projects they have worked on. This included working on the GB Olympic cycling helmet and also working closely with HP Labs to implement a revolutionary low-energy, flexible, thin-film display into a modernised inhaler design. The students asked some excellent questions and it was great to have a local employer so keen to speak to our students.

For more information about the projects that Crux Product Design work on please click [here](#).



M-PATH PROGRAMME

On 11 May, BFS hosted a visit from Chris Hemmings and team from the M-Path programme. Chris spoke to Year 10 and 12 students and staff through a variety of assemblies, workshops and discussions.

M-Path programmes were developed as a response to growing research and news about issues affecting men and issues caused by men (for example negative views of masculinity and misogyny). The M-Path programmes were chosen to be BFS partners because the approach they take steers away from blaming boys and men, but seeks to engage with them and develop empathy, such that they don't then go on to behave in a misogynistic way.

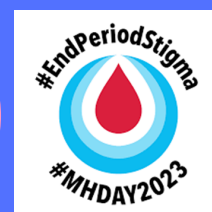
All students in Y10 attended an extended assembly and a follow-up workshop which looked at empathy, misogyny and how society easily falls into some of the traps of objectifying people – in particular girls and women. The students behaved brilliantly and engaged in the debate in a really positive manner. BFS is looking at building upon this in the future, alongside its existing provision through PSHE and the pastoral programme.

PLEASE [CLICK HERE](#) FOR INFORMATION ON ATTENDANCE FINES FOR PARENTS

MENSTRUAL HEALTH DAY

At BFS we are continuing the conversation to break the silence around periods and tackle the stigma often associated with them. Students are invited to drop into DG05 on Friday 26 May during their lunch break to join the conversation and to break the silence around periods, to learn more about the importance of Menstrual Health Day for people who menstruate around the world and also help themselves to some free period products!

Please do encourage your child to join us.



Menstrual Hygiene is a Human Right

GOLD D OF E

AWARD EVENT

On Monday 15 May, alumni Jacob and Jack attended the Gold D of E Award Event at Buckingham Palace after completing this at BFS in 2021. The event began with the national anthem played by the Coldstream Guards, followed by a speech by the Duke of Edinburgh, Prince Edward. What an amazing achievement to be proud of!



CUBING COMPETITION

Cubing is the 'sport' of solving Rubik's cubes and has now spread worldwide. Many students at BFS are cubing and we are now joining the craze!

Mr Brown recommends watching the Netflix documentary 'Speed Cubers' which follows the competition, rivalry and companionship between two of the top competitors in the World. The current World Record holder is Yusheng Du who has solved a Rubik's cube in 3.47 seconds. The World Record holder for the average of 3 is Yiheng Wang, who averaged 4.69 seconds per solve. How close can you get?

Our first competition was held last week; competitors had to solve the cube five times each and were timed on each solve. The best three times were averaged to give their 'average of three'.



This is our winner, James, who averaged 26.48 seconds per solve, and our runner-up, Sam, who averaged 34.85 seconds!

There will be another competition in Term 6 so get practising! Do you have what it takes to be the next BFS speed cubing champion?



Y7 ROUNDERS



This week our Year 7 Rounders team played in their first fixture against Blaise School. We won the first innings 6-4 and it was all to play for in the second innings. Blaise had a very strong second batting innings scoring 6, meaning we needed to score more than 4 to win. With our last bat of the game, the score was 10-9.5 to Blaise - needing half a rounder to draw. Alice stepped up and didn't disappoint, hitting the ball straight into the deep field, scoring a full rounder! The final score was 10.5 to us and 10 to Blaise, an amazing victory for their first game as a team!

Players of the match went to Elsa for batting and Alice for fielding. Well done team!

DRIVE FOR CHANGE



FirstBus are holding a design competition to celebrate Bristol Bus Boycott, an initiative that fought against the racist employment policy that actively discriminated against people of colour in the 1960s.

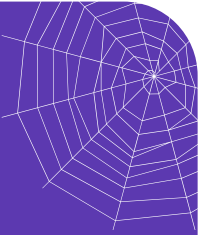
The competition is to design a bus wrap that covers the entire vehicle. Please see [their website](#) for more information and how to enter. Ms Street will be happy to go through any design ideas you may have and want help with.



BFS SCIENCE

BEN H-J, 9TG4

GREAT BRITISH CREATURE HUNT



COMPETITION WINNER!



The bug that I have found, is the giant house spider. It is an arachnid from the Agelenid family.

I found it hiding in the top corner of my shed, in a sort of web tunnel, like a funnel web. It was about 1.5 inches across, with its legs spread out. It was also fast, and difficult to catch, with hairy legs and big chelicerae. Once I had finished examining it, I released it back to the shed.



BFS STEM HOUSE COMPETITION PAPER AEROPLANE CHALLENGE!



MS BOARD

We would love for you to spread your wings and get designing and making the ultimate paper aeroplane! Designs should be made from one sheet of A4 paper (recycled if possible, we want to stay eco-friendly!). They can be any shape you like but check out some helpful tips [here](#) or come up with your own unique design! Remember to think about aerodynamics, plus bonus points available for flair! Send a photo of your plane along with a measured distance that it can fly. The top five can bring in their planes for a fly off, so don't put them in the recycling after launch!

Entries can be sent to Ms Board by Friday 26 May - k.board@bristolfreeschool.org.uk I will be in touch to those who make the final launch! Remember, the sky is the limit!





BFS COOKS



MRS CORRIGAN

READY STEADY COOK VS MASTERCHEF!

Year 11 had their last practical lesson today. This was a 'Ready Steady Cook vs Masterchef' competition, with Mr Fernandes as the judge. Students were given a mystery protein and had one hour to cook a sweet and savoury dish using store cupboard ingredients. They produced some interesting and well presented dishes. Well done to everyone for producing creative and edible dishes with no prior planning! The winners were Emily, Holly, Jacob and Dan.



well done!



BFS COOKS



FISH HERO PROGRAMME

MISS EVANS

We were delighted to be one of 250 schools in the UK that received Alaska pink salmon, courtesy of the Food Teachers Centre and Alaska Seafood UK - 10,000 salmon fillets were sent to schools! Our school was one of the lucky schools.

It's part of the Fish Heroes project, which encourages young people to learn about, cook and taste fish. Pupils also learned about the health benefits of fish in the diet (did you know that we are all recommended to eat 2 portions a week?), as well as aspects of sustainability. Children in the UK eat just 84g of fish/fish products a week, of which only 21g is oily fish - way below recommendations.

Year 10 GCSE pupils cooked salmon fish cakes and there was even some left for Year 7 to make breaded salmon bites. Our food pupils were able to learn new food skills which they will be able to use in the future. As part of the lesson, they also tasted the salmon dishes they prepared. Perhaps your child will be inspired and cook for you at home too?

It has been an amazing experience - from the delivery, cooking and tasting of Alaska pink salmon. Pupils have really enjoyed their time and have learned many important life skills.

See [here](#) for more info on the Fish Heroes Programme, and [here](#) for the Alaska Seafood website.

YEAR 10 SALMON FISH CAKES



ALAYA



LILY



ZOE



TIA



AMELIE



YEAR 7 MINI FISH AND CHIPS IN 50 MINUTES

