



Dear Parents, Carers and Students,

We have enjoyed a very sunny and warm week here at BFS!

It has been lovely to see teachers taking advantage of the Tumps' outdoor classroom space by taking some lessons outside. English enjoyed a wonderful Poetry Slam with Year 8, Photography students have taken some great photos around the school site, and Science have been testing their parachutes.

Y8 POETRY RECITAL



A LEVEL

PHOTOGRAPHY



GEOGRAPHY TRIP

I went on the Holford River trip last week and it was very noticeable how much the Year 10 students enjoyed the field work and seeing the geographical features first-hand. I was very proud of the way our students represented BFS, but also how much they appreciated the opportunity to be learning outside of the classroom.



I am very pleased with the number of activities taking place this term; Year 12 are doing work experience placements this week, which is a valuable part of their Sixth Form education, Year 9 will have a university trip to find out more about being a student, Year 8 have their BFS Promise Camp, and we have the Battlefields and Paris trips as well! Students in the School Parliament have asked me to organise more trips and this is something that we aim to do in an affordable way, as school and family budgets are very stretched at present.

EXAMS

Next week is the last week of public exams, meaning Year 11 and Year 13 can soon relax and enjoy their leavers' celebrations!

SIXTH FORM

TRANSITION DAY

Students who applied for the Sixth Form have Transition Day on Friday 23 June. We cannot wait to support Year 11 with their next steps.

HEADTEACHER

UPDATE

Finally, I will be giving a Headteacher Update on Thursday 6 July 5pm on Teams to share the school priorities and feedback from the parent/carer surveys. There will be a Q&A feature at the event, so we can pick up topical points of interest. If you have any themes that you would wish me to address, please email admin@bristolfreeschool.org.uk.

I hope you have a great weekend.



MRS S KING

KEY DATES

- Monday 19 June - Y12 Cardiff University trip
- Wednesday 21 June - Y10 Trip to Warburton's Bakery
- Thursday 22 June - Saturday 24 June - Y10 Silver Qualifying Expedition
- Friday 23 June - Y11 Sixth Form Transition Day
- Monday 26 June - Inset Day & Y13 Summer Ball
- Tuesday 27 June - Y10 DT Trip to Harry Potter Studios, Y11 Leavers Assembly & Summer Ball
- Wednesday 28 June - Y6 SEND Day, Y12 Folly Farm Day 1 & Exam Contingency Day
- Thursday 29 June - Y12 Folly Farm Day 2, Y6 Meet the Tutor Group Evening & National Final for Young Green Briton Project

THANK A TEACHER DAY

The UK-wide celebration of all teaching and support staff is back; National Thank a Teacher Day will be celebrated on Wednesday 21 June!

This year is all about gratitude, and recognising the long-lasting impact that education has on individuals and throughout society. Recently supported by celebrities such as Dame Helen Mirren, Dame Joanna Lumley, Stephen Fry, and David Walliams, don't miss your chance to join them in saying thank you.

This year a limited-edition e-card has been illustrated by much loved author and artist Charlie Mackesy! So if you know a special teacher, teaching assistant, support staff, make their day and let them know how grateful you are by sending a free e-card at www.thankateacher.co.uk.

You are also able to enter celebrity judged writing and baking competitions with prizes on offer! Head over to the competitions page on the [Thank A Teacher website](http://www.thankateacher.co.uk) for details on how to enter, and your entry could be read out by celebrity judges including Nadiya Hussain and Sir Michael Morpurgo.

With celebrations across the UK get involved on social media using #ThankATeacherDay and #WhoHelpedYou.



BRISTOL
EDUCATION
PARTNERSHIP



Tuesday 20th June at 4:15
Drama Hall, D Block
All welcome

An opportunity to hear year 9 and year 12 students speak
in the style of mini Ted Talks



BFS HOUSE POINTS

FIONA 8TG7

MY 'SHADOW THE TEACHER' EXPERIENCE

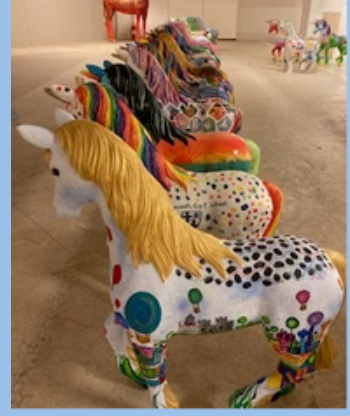
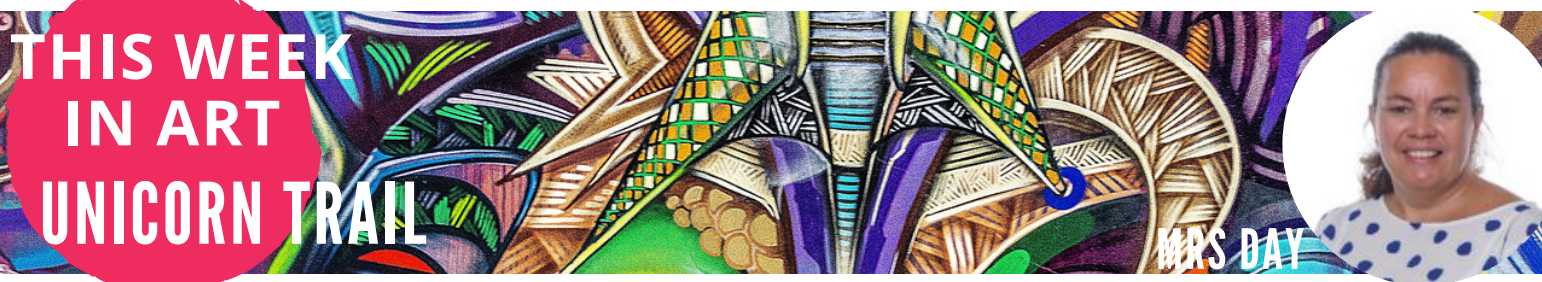
On Tuesday, I spent a brilliant afternoon shadowing Mr Nouas in the MFL Department. French is one of my favourite subjects and I wanted to see an MFL lesson in action and a behind the scenes view of how teachers spend their day.

I started by observing a Year 7 Spanish lesson. I was able to help some of the students and check their work about families. Then Mr Nouas had a planning period so we had a chat about French and I started work on a colourful poster for the classroom for Mrs Vandertramp. This shows all the verbs that use "aller" in the perfect tense, which are very easy to forget!



I thoroughly enjoyed my experience and I learnt a lot. Thank you for arranging this opportunity for me.

THIS WEEK IN ART UNICORN TRAIL



Year 7 students have been learning about their past, present and future. They've been finding out about their homes and community, researching the artist and architect Hundertwasser, looking at who they are now, using poetry to express themselves, and showing their hopes for the future through graffiti style art.

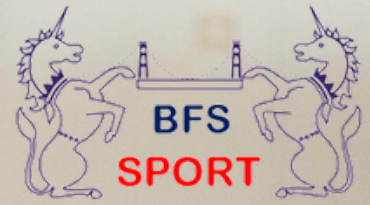
Different year groups have helped paint the lovely unicorn foal. Today, our baby unicorn has been taken down into town to join all the other school unicorn foals, which will be exhibited. There will also be some larger unicorns painted by professional Bristol artists. These will be spread around Bristol and the west country for a unicorn trail this summer.

Our unicorn foal will return to BFS later in the year to take pride of place here in school. Sixth formers have also been involved in raising money to buy the unicorn and the money will go to a local charity. Thank you to everyone involved!



MISS HUSSEY

BFS SPORT



Y7/8 ATHLETICS



Athletes from Year 7 and 8 attended a North Bristol Athletics competition this week. On a very hot afternoon, they took part in all the major track and field events, showing fantastic commitment, team spirit and determination. The scores have not been collated yet, but we had some great results and personal bests. A number of BFS athletes were recognized as 'having potential' and have been offered the chance to get involved in athletics at a higher level.

Well done to you all. The teams were; Year 7 - Bethan B, Jess W, Emilie R, Elsie M, Nancy G, Molly W, Alice T, Lewis A, Hector F, Harley G, Rory H, Cole H, Samuel J.
Year 8 - Archie P, Will D, Dan L, Tom M, Sidney D, Max H, Freddie W, Lilia B-L, Laila H, Flo C, Poppy G and Lexi M.

Year 7 Girls Cricket Team of Alsa J, Elsie M, Alice T, Bethan B, Lucy H, Florence B, Bella S, Lottie D, Emilie R, Tess P, represented BFS in a Commonwealth Games Legacy Girls Cricket Tournament last week.

Y7 GIRLS CRICKET

They began by achieving a convincing win over Oasis John Williams (121-58) with Emile being voted best batter and Bethan best fielder. Next, they took on Merchants Academy and won 185-48 with Lucy and Elsa picking up the honours. Third came a closer game against Cotham, which they won 99-67, Alice and Elsie being voted best batter and fielder. In the final group game, they played Ashton Park, winning 102-31 with great batting from the whole team. This took them into the final where they beat strong opposition from another Oasis team in a very exciting game, winning 91-80. Elsie was voted best fielder and Florence best batter.



All the girls displayed excellent skills and teamwork. They were a credit to BFS. Well done team, gold medals well deserved!





MISS HUSSEY

BFS SPORT



On Tuesday last week, Cotham School brought Year 7, 8 and 10 teams to play rounders matches.

Year 7 had a great win scoring, 7½ to Cotham's 3½. Elsa was voted best batter and Bethan best fielder.

Year 8 played a very closely fought match but were just beaten 14½-13 with Prin being voted best batter and Rosie A the best fielder.

Year 10 also had a close game holding off a strong reply from Cotham in the second innings to win 12 ½ -9. Grace F was voted player of the match.

The Year 10 team had two rounders matches this week. On Monday they went to Oasis Brightstowe and played a tricky match losing 11½-9½ in the end. On Tuesday, St Bede's visited and a great match was played in the sunshine on Greenway field. They were leading 14-6 at half-time and finished the game 16-11½. Daisy K was voted best batter with Grace best fielder. The team was; Martha H, Grace F, Caitlin B, Isabelle M, Ciara M, Daisy P, Daisy K, Hollie R, Sophie W and Skye R.

Year 9 also took on St Bede's in a very exciting game with a half-time score of 10-9 ahead and a final winning score of 16½-15. There was some great fielding and strong batting on display from a very committed BFS team. Three players shared the player of the match honours; Maddie H, Jemimah H and Charlotte M. The other players were; Eden H, Beth L, Eleanor P, Charlotte R, Isla W and Esme S. Well done to both teams!

ROUNDERS NEWS



FRIENDS OF BFS (FOBFS)

Please support our fundraising and come along to our Quiz on Friday 30 June in the School Drama Hall.

This event is for parents, friends & school staff. There will be a bar and snacks available. £6 per person plus booking fee. Teams can be up to 8. You can book as a team or just book tickets individually (choose the Flexible tables!) and we can sort extra teams on the night. [Click here](#) for the booking link.



MR NOUAS

LANGUAGE AMBASSADORS



This week, the Language Ambassadors had a taster session in British Sign Language hosted by Ms. Bennett. The session involved how to sign the alphabet, along with greetings and signs useful in school! The Language Ambassadors thoroughly enjoyed the session – a massive thank you to Ms Bennett for her time and expertise.

The Language Ambassadors have also been busy creating and putting up poster of interviews detailing the foreign languages which staff at our diverse school community currently speak, or are in the process of learning. A total of 12 posters have been put up in D Block upstairs corridor – come and see for yourselves which languages various staff members speak and why they think languages are useful to everyone!



Miss Rowden



What language(s) do you speak?
English, Spanish, Italian, Welsh and French

Are you currently learning a language? If so, which one and how?

I'm constantly trying to keep my Italian up as I don't teach it currently. I boost my Italian by using Duolingo, watching TV shows in the target language and listening to Italian music. I am lucky enough to know some native speakers too, so I practice with them regularly. I am keen to start learning some Arabic too – I want to be able to go further than just 'hello' and 'goodbye'!

Why are you learning/did you learn this language?

I love all things Italian! I think it's a crazy but amazing country with SO much history. Plus, it's a lovely place for a holiday! I started learning Italian from scratch at the University of Bristol when I started my degree. I then had an amazing time abroad as part of my studies to immerse myself further in the language and culture.

What do you think is the hardest aspect of learning another language?

Grammatical structures and slang! Grammar is hard to learn, especially when there are different systems/patterns. It is also really tough getting yourself to 'speak like a native!' You need lots of idiomatic language and to become used to some commonly used phrases!

How long did it take to learn this language?

I spent my first two years at university mastering the logistics of Italian, before going to Italy for six months. It was amazing how much my Italian improved from being in the country! I would still say I am learning but it took me a couple of years to get a firm grasp of the language. This was also easier for me as I had been learning Spanish for several years previously.

Why do you think learning another language is important?

It opens doors for you and allows you to understand the world and its people better. It helps you become a better communicator and to learn more about your own language and context. I'm a firm believer that anyone can give learning a language a go, even just a few words here and there!





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

WEBINARS FOR YOUNG PEOPLE

Anna Freud National Centre for Children and Families would like to share with you a new webinar series specially tailored for young people, in collaboration with the Schools and Colleges Early Support Service.

The topics have been chosen to reflect common difficulties young people may experience. These webinars provide useful advice for young people to support them in looking after their own mental health.

Young people can register to view these webinars using the links below. Once registered, these webinars can be viewed more than once and at any time, for up to 30 days.



The webinars cover the following topics:



HOW TO MANAGE EXAM STRESS

Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This webinar will help your young people to find the best ways to manage their stress levels and stay calm before, during and after their exams.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: N7dqw!=C



HOW TO MANAGE LOW MOOD

We all experience low mood in different ways. It can not only impact upon how we feel but it can also affect how we live our lives day to day, including our relationships, eating and sleeping patterns, concentration and school/college work. It can lead to feelings of hopelessness and stop us from enjoying the things we normally would. This webinar will help your young people to understand what low mood is, help them to spot the signs of low mood and support them to look after themselves by using self-care strategies.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: 8u*8j+NI



HOW TO MANAGE ANXIETY

Anxiety is a normal part of life and can affect anyone. A bit of anxiety from time to time is normal, it can help with motivation at school/college, sport or work. However, if anxious feelings don't go away, they can interfere with our ability to concentrate, socialise with friends and generally enjoy life. This webinar will help your young people to recognise the signs of anxiety and understand how anxiety impacts on their thoughts, feelings and behaviours. The webinar will also support them to reduce and manage anxious feelings by using self-care strategies.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: CWuA+2#2





Wednesday 3-4.00pm CG19

Learn how to make jewellery pieces using enamelling and beading. We will make earrings, pendants and rings.



Open to all KS3 –limited places!
Please see Ms Street for details