

Dear Parents, Carers and Students,

## STEM DAY

Here at BFS, we have all enjoyed a very varied and enjoyable week!

It started on Monday with STEM Day, the premise being that I was stranded on the planet Mars! Y7 and Y8 worked in teams to solve four different challenges to encourage people to join me there. It was a very practical way to showcase the importance of Science, Technology, Engineering and Maths. Thank you to Ms Board who masterminded the activities and organised the day. It was great fun!



## CAREERS DAY

On a more serious note, Y10 and Y12 spent Monday thinking about career options and their next steps. Mr Parry organised a very wide variety of employers and further education establishments to come into school and speak to our students. Many Y10s were very interested in the talk from the Royal Navy and how to set up their own business. Y12 had some time writing UCAS statements which was very useful.

## SPORTS DAY

Sports Day 2023 was a great success on Tuesday, and we were very lucky with the weather. As well as the usual track events which were performed with a great competitive spirit, the team sports were enjoyed by students and staff alike. It is a very inclusive event and Y12 did a fantastic job supporting in so many ways. This is the first whole school sports day since 2019 and the PE department, led by Mrs Ballard, did a great job. A shout out to Mr Fernandes who kept the day moving well with his motivating commentary.



## Y8 CAMP

Most of Y8 have been on a local camp as part of our BFS promise to develop lifelong memories of school and strengthen relationships. Mr East and Ms Ludwell did a great job organising the trip and I am looking forward to hearing who won the 'BFS has got talent' competition!

I am so proud of the progress we have made with getting these trips and enriching experiences into this school year. Each event over the last 3 weeks has taken a lot of time to organise, but seeing the excitement and joy on our students' faces makes it all worthwhile.

A special shout out to our amazing support staff team who enable the teachers to make this happen. Mrs Meech, our Trips Coordinator in particular, has worked tirelessly to ensure everything runs smoothly.

Enjoy the photos with more to come next week!



**MRS S KING**

# KEY DATES

- Monday 17 July - Y12 Drama Showcase after school
- Thursday 20 July - Half Day - Students to leave by 12:30
- Friday 21 July - INSET - School closed to students

MRS BALLARD

# SYNCHRONISED SWIMMING

Congratulations to Sophia and Lauren who competed at the National Synchronised Swimming competition last weekend and their team won, making them National Champions - well done girls!!



MR PARRY

# Y10 CAREERS DAY



All of Year 10 attended a wide range of presentations from employers that visited Bristol Free School.

There were 14 presentations from a range of employers (law, veterinary, tech industry, engineering, police, navy and management consulting to name just a few) which allowed the students to hear about a wide range of career paths. The students were actively engaged and it was a great opportunity for them to learn from the ever-changing employment market and to hear from a wide range of employers.

In the morning before the employers visited the school, the focus was on post 16 options where the students were given a talk about the different providers in the city, as well as hearing about our Sixth Form at Bristol Free School. In the afternoon the students had a CV writing workshop and were given time to research some potential career paths that might interest them at this stage.

A massive thank you to all the employers who visited the school and delivered engaging interactive sessions to all of our year 10 students.

## SOME OF THE BUSINESSES THAT VISITED US

FOR YEAR 10 CAREERS

DAY INCLUDED:



## Y9 UNI VISITS

The whole of Year 9, were taken off school site to visit Cardiff Metropolitan University. It was an excellent day, whereby the students gained an insight into higher education. The university ran a bespoke day explaining to our students the wide variety of education choices and career possibilities. This included introductory talks, as well as a campus tour and speaking to student ambassadors.



The university and staff commented on how well behaved and mature our students were, well done to Year 9!





## ISLA

## Y9 ROUNDERS

At the start of the first innings, BFS were fielding and were all taken by surprise by some exceptionally good hits from some of the players but we were quick to catch many of them out. We all communicated astonishingly well and knew who to pass the ball to within a matter of a few seconds all thanks to the fielders picking up the ball in a flash and some remarkably accurate throws to the stumpers, making it exceedingly hard for their players to get many rounders in play. Therefore, at the end of the first half of the innings, St Bernadette's ended up getting a total of 2.5 rounders.

Next up, BFS were in to bat. Everyone's adrenaline was rushing. Palms were sweating. Hearts were pumping, but that was swiftly overcome with excitement when Imogen absolutely hit the ball out of the field, ran the full lap, getting us our first rounder and set the bar high for everyone's hopes. The sound of cheers and high fives were heard throughout the field and many smiles could be seen on our players' faces. A large number of quality shots were hit throughout the game but woefully our best batters, Imogen, Maddie and some other players were either stumped or caught since St Bernadette's had some astounding fielding skills and were definitely a difficult team to beat which forced us to work twice as hard to get us to succeed in winning. Fortunately for us, at the end of the first innings, BFS were up by 2.5 to 8.5.

The second innings started and to no surprise, St Bernadette's had returned harder than before, desperately eager to be in the final and definitely gave BFS a run for their money with some amazing shots. This meant that players had to work assiduously to keep our winning title. And thankfully, Eleanor and Esme picked up some of the balls in a flash as well as Eden being able to throw some astonishing balls to either Jemimah, Isla or Imogen in an instant, managing to get some players out but St Bernadette's put in 110% and ran many rounders which alerted BFS to have their A-game on. Charlotte was immense. Ultimately, St Bernadette's worked hard but only managed to get 5.5 rounders, making their score 8 to 8.5. Now realising that we had already won, whispers and quiet cheers were shared around the team, practically visioning the finals match in our head. The last half of the second innings was very relaxed yet we all still worked diligently to succeed to get us ready for our next match, the motivation aided us to perform extraordinarily well which then led to a final score of 8.5 to 17.5. And now, we are all looking forward to coming together as a team and win the next match. Then we will be named champions of the Bristol rounders tournament!!

## Y7 ROUNDERS



## JESS AND EMILIE



The Year 7 rounders team had our Bristol school's semi-final against St Bernadette's. In the first innings our team's fielding was unstoppable which meant that St Bernadette's only scored a half rounder. We were then into bat, and we had some amazing hits, scoring 7 rounders to give ourselves a good lead going into the second innings. Our fielding in the second innings remained on point, focused and with a clear desire to get ourselves to the final. We kept up our fielding streak, which meant the other team only got 1.5 rounders and we knew we had already won. We came out to bat, scoring another 4 rounders, with the final score being 11 to 2.5 rounders. We are through to our first Y7 Bristol schools rounders finals. We can't wait!





# BFS SPORTS DAY







# BFS SIXTH FORM

MISS NORTON

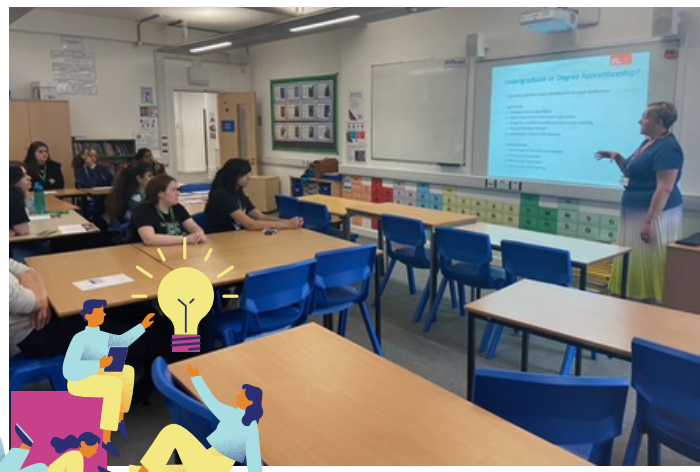
## Y12 CAREERS DAY



On Monday 10 July, it was Y12 Careers Day. Instead of their normal timetabled lessons, students rotated through a series of different careers and university related sessions. Visiting speakers from the University of the West of England (UWE) led a session on student finance and budgeting, where students learned about the costs of higher education as well as how repayments work and how to access bursaries. In addition, students had a session where they were guided through how to complete their UCAS application and also had time with their tutors to continue drafting their personal statements and get feedback from their tutors on how to improve. Students interested in careers in healthcare also had a session run by Kate Minto, a lecturer for Diagnostic Radiography at UWE who spoke about the wide variety of careers in health care, the application process and things to think about when writing a personal statement.

It was also a real pleasure to welcome three alumni students who have gone on to do apprenticeships following their studies at BFS Sixth Form. Sophie Headford left BFS in 2020 and is now completing a Level 7 degree apprenticeship (equivalent to a masters) in auditing at KPMG, Harry Simpson left BFS last year and is currently completing a Level 6 degree apprenticeship in project management with Atkins and David McGregor also left in 2022 and is completing a Level 4 apprenticeship in Software Engineering with Hargreaves Lansdown. All three students spoke really well about why they chose to take the apprenticeship route, the application process, their experience as an apprentice and what advice they would give to students thinking about taking the same route.

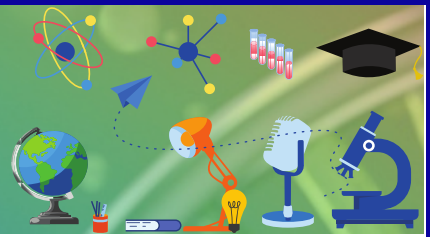
It was a fantastic day; students gained a lot of valuable information and insight to help them make their own decisions for life after sixth form.







# BFS STEM



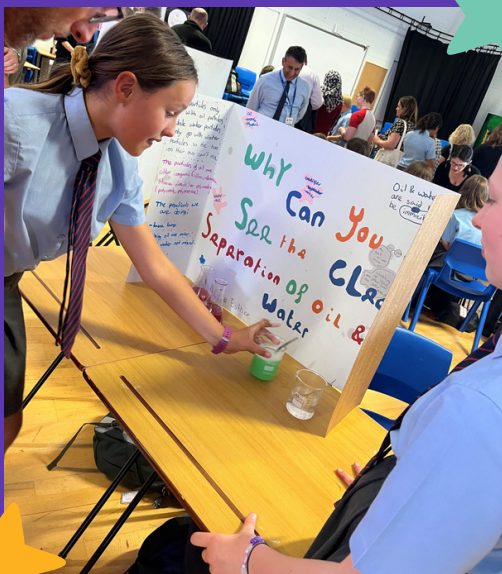
MISS BOARD

## Y7 DISCOVERY PRIZE



Last week saw the one of the highlights of the school calendar return, the annual Year 7 Discovery Prize Grand Final! Year 7 have been working hard over the last few weeks to create and present an investigation based on whatever Science they like! With such a wide brief, groups have certainly shown originality with presentations about toast, glue, blobfish and mould making it through to the finals.

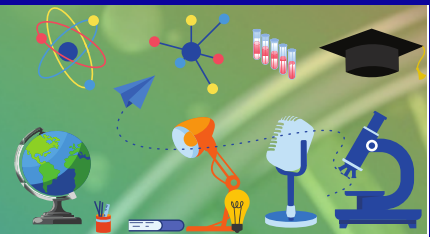
Parents and staff flocked to see everyone's booths, voting in three categories – originality, creativity and research skills. All students presented with enthusiasm and confidence, with some teams opting for live demonstrations or 3d models. It was great to see so many people in attendance and we're looking forward to the winners being announced in the end of year assembly! A huge well done to all of our entrants, we are super proud of you!







# BFS STEM



## STEM DAY - MISSION TO MARS



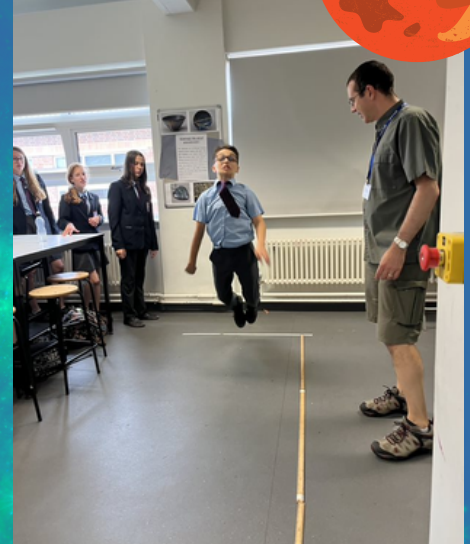
Following last year's zombie apocalypse, the staff and students of Bristol Free School have been forced to leave the blue planet to venture to Mars, the red planet! After a transmission from Mrs King on Mars itself, students were tasked with a whole day of STEM activities to help the human race thrive in space.

Team Science saw all students training to become astronauts, completing physical challenges to ensure they could survive the long journey as well as keeping them fit and healthy for their hopeful return.

Team DT made some out of this world rockets-essential to help us get in to space in the first place. Bonus points to our wonderful team who looked the part too!

Team Maths focussed on habitation and making it so we can set up a Martian camp. We all know that our mathematicians love shapes, with their activity needing detailed knowledge on symmetry and tessellation, but to account for constraints on finance and physical space too.

Finally Team Ethics had to ensure that the public understood and could be convinced to make the big move. By debating the value of space exploration and showing the numerous technologies already discovered through this, they were able to assure people that we need to use all of our STEMtastic skills to start the exodus from Earth!







MISS EVANS

# TUNNOCK'S TEACAKE CHALLENGE 2023

Back in March 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. It was a fun night and all the students worked hard.

The competition was judged by Mrs King who was impressed by 'the range of creative ideas'.

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



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



The two BFS winners were put forward to the national Tunnock's Teacake competition, which was judged by food teachers across the UK and a panel of expert judges. I am pleased to announce that Alba Smallman 'Save Our Seas' design won the national category of 'Up to 14 years of age'.

A big well done and thank you to everyone who entered.





# LRC NEWS

## CREATIVE WRITING COMPETITION

The LRC Creative Writing Competition Closed earlier this week and it was wonderful to receive and read all the fantastic entries. Stories ranged from the hopeful and uplifting to the tense thriller and dark macabre. Congratulations to our runners up:- Page N, Tess P, Nayla A, Ester D, Emily C Y7, and Oscar P and Max F Y8 – all of whom displayed a talent for story writing. But we are pleased to announce that the overall winner is Hattie B, Y7 with her entry Deep Breath. Okay, Let's Go

Hattie's intriguing tale of threats and middle of the night money drops is published here, and the other entries are available to read in the LRC. Well done to all involved and look out for more LRC competitions next Year!

Deep breath. Okay, let's go.

As if they have a mind of their own, my legs step into the forgotten playground. It is deserted, except a lone crow glaring from a nearby branch. The intense, amber eyes follow my every move, piercing through me like a dagger. Fighting the urge to turn and run, I wander around helplessly, feet shuffling through the layer of litter beneath me, contemplating how the next few minutes will go. An isolated swing jerks side to side, as if trying to escape – I know how you feel, I really do. The wooden bench made in memory of the last city mayor lies overturned, mud-splattered, soggy. My eyes hover briefly over the gum-stained roundabout, spinning eerily, a ghost trying to forget about life perhaps. Shrieks of laughter echo in the distance, followed by screams, doors slamming. Lights from the houses in the streets slowly turn off, those inside burrowing away for the night.

I check the time. 02.28. Oh no, it's happening.

I scramble around in my pocket until I find my outdated, cracked phone. Clicking on to messages, I see that familiar 'Unknown' chat, top of the list, which I see pretty much every day. The last message sent from them was 'Meet at park. 02.30. Don't be late.' A car door slams. Oh god. No turning back now. Like it's perfectly normal to be at an abandoned park at this time of day, they stroll down the path leading to the playground gate – face masked in a balaclava, only a pair of dark, angry eyes revealed. Another crow comes to accompany that one remaining on the branch, here to see the action, I guess. I feel my palms go sweaty. Act cool, I tell myself, although I know my face is plastered with panic. It feels like my heart stops when they pause in front of me. A deep voice appears from somewhere within the material, 'Have you got it?'. A few seconds pass before my mind can process what they say. 'Y-yep' I stammer.

'I don't 'ave all night. Make this quick,' he hisses, his voice edged with anger. My trembling hands produce a package from my back pocket. 'T-there should be enough there.' I hear myself say, fear lurking between the words. Clearly not waiting around tonight, he rips off the wrapping, now just a bundle of £50 notes lie in his hand, tied together with straining elastic bands. Time drags on slowly as he counts the notes. Everything is now a blur; him, the money, the park.

'1200, 1250, 1300.' He pauses. 'That's it? I asked for 3000, an' you give me what? Not even half?' The balaclava slips and his whole face is exposed, greasy brown hair spilling on to his fuming face. His cheeks are scarlet, eyes blazing as he takes a step closer to me. 'You gonna say anything?' he shouts. 'Cat got ya tongue? Yeah right.' He's close now and practically vibrating he's so angry. 'SAY SOMETHING!' he bellows. I lick my lips, thinking of a response. His breath stinks of alcohol, the scent now warping around and around me, picking me up and kicking me back into reality. There's only one thing I can think to do.

Without any more thought, I turn, leap over the bench and sprint to the gate. Immediately, there are footsteps thundering after me. All that's on my mind as I race down the dingy street is: How do I get away? The closed, boarded-up shops urge me on, telling me I need to go quicker. A sharp pain is growing in my stomach, I clutch at it unhelpfully, willing it to stop. I was never much of a runner. He's gaining on me, the steps getting closer and closer. Daring to sneak a glance back, I see that he is only about two or three metres away. I've got to do something, and quick.

## BOOK AMNESTY

The LRC are holding an amnesty on all overdue books.

Please take a little time over the next week to check under beds and behind sofas for any items that have been borrowed and forgotten about. We would love to have our shelves bursting with fabulous resources for the start of the new school year!

Thank you for your continued support



**Time to return your Library Books!**



# LRC NEWS



## BOOK INTERVIEWS!



By our Student Librarians, Amelia, Amelie and Mila in Y10

**What book are you currently reading?** The Satsuma Complex

**What books did you read when you were our age?** Noughts and Crosses and Kite Runner

**Recommendations for people our age?** The Black Flamingo, Girl Woman Other, The Thursday Murder Club

**What's your favourite book?** When God was a Rabbit

**Why do you think its important to read?** For enjoyment, escapism, to unwind and empathise with others

## MISS MARSH



## MR GOWEN

**What book are you currently reading?** 10 minutes and 38 seconds in the Strange World

**What books did you read when you were our age?** To Kill a Mockingbird

**Recommendations for people our age?** Any Allen More book

**What's your favourite book?** Ulysses

**Why do you think its important to read?** Sense of achievement, good for managing stress levels and important to read perspectives of others



**What book are you currently reading?** The Interview

**What books did you read when you were our age?** Harry Potter, Noughts and Crosses, A Series of Unfortunate Events

**Recommendations for people our age?** The Girls who Disappeared, Heartstopper

## MRS STEELE

**What's your favourite book?** How to Kill Your Family

**Why do you think its important to read?** Imagination, creativity, spelling, transferable skills into your own writing, relaxation and escapism





# BFS ORACY



## MR HARRIS AND MRS CORRIGAN NO PENS ORACY DAY

WATCH OUR VIDEO  
OF THE DAY HERE!

Last week heralded our inaugural No Pens Oracy Day, which was a roaring success. Here at BFS, developing oracy provision is a real priority. Oracy is often defined as learning through talk and talking about talk, and is a key driver of students' literacy, as well as helping boost a whole range of "soft skills" (e.g. presentational, teamwork, confidence in public speaking etc.)

Across the whole school, students participated in a whole day of lessons where the main outcomes were oracy based, with teachers testing out a whole range of teaching approaches and activities.

To give you just a small flavour of the day, some of topics and activities tackled included:

- Debating Nelson Mandela and the ANC's use of violent protest in opposition to apartheid - can violence ever be justified?
- Dramatising the story of the Wars of the Roses.
- Interrogating market forces and planned obsolescence – is this a morally valid approach?
- Practical uses for science – how can we change the world?
- Careers in science – where will it take you?
- 'Macbeth' on trial: Who really killed King Duncan?
- Evaluating proposals for school improvement – what would you do if you were Mrs King?

## STUDENT FEEDBACK

Student feedback surveys also recorded strong enjoyment of the day, averaging around 4/5.

Key topics students praised were:

- Enjoyment of the day as a whole
- Activities focussed around expressing personal views
- Links to real world topics / skills
- Improving teamwork skills as part of learning

Longer term, we will be focussing on embedding oracy more widely across our curriculum, and tracking impact on learning outcomes. Watch this space...

## ORACY PIONEERS

Maeve, Mo and Shaniya (Y9) have been working incredibly hard this year, undertaking two intensive training days with Bristol Education Partnership and Unique Voice, before running weekly tutor time slots with a group of Year 7s. As well as improving their own oracy, leadership and presentation skills, they have had real world practice in organising and leading a whole range of activities for younger students – including the Bristol Free School + Redmaids High School Oracy collaboration event.

In the final away day at Cotham School, the Oracy Pioneers presented to staff and students from across the BEP, evaluating the programme at their own schools, and suggesting further improvements for the next edition. After that, working collaboratively in inter-school groups, staff and students provided valuable discussion and insight that will feed directly into the Oracy strategy at BFS (and other partner schools).

Maeve, Mo and Shaniya were confident presenters, and provided thoughtful and eloquent opinions throughout the day. Thank you for all your enthusiasm and dedication - we are all very much looking forward to our final session with the Year 7s next Tuesday.



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