

Dear Parents, Carers and Students,

As we celebrate Black History month and as we struggle to comprehend the horror unleashed by the terrorists on the border of Gaza and the dreadful consequences for innocent civilians, we especially wish to express our sympathy and support for the victims of this terrorism, and all connected with them whether as family, friends, colleagues or schools they attended. Our thoughts and prayers are with all of those affected.



As Bristol is a multi-cultural city, we must make sure that we are sensitive to the sufferings and sensitivities of all our fellow citizens, many of whom will have lost or have missing relatives. We too need to roundly condemn those who are keen to spread the hatred and violence to our own community.

As responsible parents/carers and teachers, we are particularly aware of the dangers of social media, where those who want to spread division and hatred are unfortunately posting the most shocking and harrowing videos of the victims of conflict and terrorism. We all need to be vigilant about what our young people are viewing and talking about at this time. We plan to discuss this with students next week in tutor time.



MRS S KING

KEY DATES

- Monday 16 October - Year 7 Team Building Day at Clifton College
- Tuesday 17 October - Sixth Form Open Evening
- Wednesday 18 October - Voice 21 Development Day
- Friday 20 October - Inset Day, School closed to students

TICKETS FOR OUR SIXTH FORM OPEN EVENING ARE NOW SOLD OUT!

Thank you to everyone who has booked a ticket. You are still welcome to attend the Open Evening without a ticket, but you won't be able to attend the Head of Sixth Form's Presentation.

We will also be holding a virtual Open Evening on Thursday 2 November - [please click here for more information.](#)



PARENT GOVERNOR

VOTE

ELECTION

JOIN US!

WE'RE HIRING!

Innovate are currently hiring 2 Catering Assistants - [please click here](#) for more information.

20% OFF

The school has received more nominations than the number of Parent Governor vacancies, so a secret ballot is underway. Every parent of a registered pupil at BFS is eligible to vote for one candidate. Each parent has one vote only, regardless of how many children they may have registered at the school. Please email admin@bristolfreeschool.org.uk if you have not received the link and unique code to make your vote and/or require a paper ballot instead. **The closing date for all votes is midday on Thursday 2 November.**

UNIFORM SALE!

Our school uniform supplier, [Monkhouse](#) is offering a huge 20% off everything in store and online between Monday 16 October - Sunday 22 October. If you need to top up on any uniform or P.E kit items, or need a refresh on your everyday essentials and stationery, now's the time to shop! Use code DEAL20 at checkout or in store.

THANK YOU

FOBFS

A big thank you to everyone who has made a donation or a gift of any kind for the raffle for Friday night's Quiz Night - the prizes are looking great! Thanks to:

- K LW Sports and Remedial Massage
- Live Long Fitness
- The Hideaway
- Yes Friends Clothing
- Suzy Furse Illustrations
- Max Minerva's Bookshop
- Amica Accessories
- Bristol City Football Club



Y10 GEOGRAPHY & FOOD



NAPLES TRIP



We are running a four-day trip to the Bay of Naples from 10 -13 July 2024. You will get the chance to have a hands-on experience of Geography and Food along the beautiful Italian coastline. We will visit Pompeii and Vesuvius, tour a mozzarella farm, and see and taste Italian ice cream being made. We will also take a boat trip to visit and tour the island of Capri, and finally make and eat fresh pizza whilst watching a Tarantella Dance show. Please look out for the launch letter via ParentPay or speak to Miss Jones or Miss Evans.

Y10 SPANISH, ART &

PHOTOGRAPHY



BARCELONA TRIP

We are running a four-day trip to Barcelona from 10 -13 July 2024. You will be visiting all the sights of this bustling city, with plenty of opportunity to practise your Spanish! We will visit Las Ramblas, Port Vell, the Gothic Quarter, La Boquería market, Park Guell and the Montjuic area. We will also spend a day cooling off at a fantastic water park followed by a Flamenco show in the evening. Please look out for the launch letter via ParentPay or speak to Miss Coleman or Mrs Kinnersley

CAREERS IN INVESTMENTS AND SAVINGS



The Catalyst Education Programme currently works with socioeconomically disadvantaged students in London to help kickstart a career in the world of investments. They are looking to expand the reach of the programme in Bristol.

The programme will combine online study towards a professional qualification, accredited by a professional body, with workshops held at a firm's offices in Bristol. Their key partner firm on this project is Brunel Pension Partnership based in the city centre, with the programme commencing in December 2023. For more info, [please click here.](#)

BLACK HISTORY MONTH

Every year, schools in the UK celebrate Black History Month during October. The recognition for this event came originally from America following the dedication of Carter G Woodson, who had devoted his life to promoting black history within schools. This was adopted into the UK in 1987 following work by Ghanaian born Akyaaaba Addai-Sebo, who had seen the impact in America and wanted similar for the UK.



People from African and Caribbean backgrounds have been a fundamental part of British history for centuries – but campaigners believe their contributions have often been overlooked, and Black History Month seeks to raise this awareness, promote and celebrate this contribution. Each year Black History Month takes a different focus, and this year the focus is on the crucial role that black British women have played in shaping, history, inspiring change and building communities.



Toppling of Colston Statue, June 2020



The Bristol Bus Boycott, 1963

Assemblies this week have looked at Bristol's own difficult history, alongside the strength of activism and change that have inspired change in both Bristol and the rest of the UK. Students have heard in more detail about the impact of Windrush on Bristol, its music and its people, and the fight for racial equality demonstrated through the Bristol Bus Boycott, St Pauls riots, the toppling of the Colston statue, and the appointment of the city's first black mayor, Marvin Rees.

We have looked at how the fight for equality inspired the St Pauls carnival, and the work of artist Michelle Curtis in her depiction of the 7 saints of St Pauls and the amazing murals she has designed in the local area.



St Pauls Carnival

Students have been asked to consider if they would like to present in the final week of term assemblies anything from their own experience of black history – whether this is stories of their heritage, community or family. They have also been asked to consider entering the Black History Poetry Competition, where anyone can submit a poem about a pioneering black woman who has made an impact in their chosen field, and why she is an inspiration to them. The person does not need to be famous and could even be family. [Click here to enter!](#)



St Pauls riots, 1980

One of the core priorities for the School is to fully embed its value of 'mutual respect' and ensure every student feels that their voice and story can be heard within the community. Our focus on Black History Month is part of that, but shouldn't be a standalone event – instead black history is being considered across all areas of the curriculum and school life on an ongoing basis.



MR EAST

The music of Bristol

The Windrush generation brought a culture of music and sound.

Ska, reggae, grime and dancehall have evolved from mento and calypso.

DJ and MC culture imported from Jamaica.



Black Roots; Krust; Roni Size



The Windrush generation

- The 'Empire Windrush' brought the first wave of Caribbeans to the UK in June 1948.
- The 'Windrush generation' is usually applied to the many African & Caribbeans who came to the UK after WW2 and up to the 1970s.
- The generation who helped to rebuild post-war Britain.
- In Bristol, the majority of this community settled in St Pauls & Easton.





BES HISTORY



MR
DIGNAN

HISTORY COMPETITION - BLACK HISTORY HEROES



Your challenge is to create a profile on an inspiring individual/event to celebrate Black History Month. This should be no longer than one side of A4 and needs to include;

- A summary of the individual/event
- An explanation of what they did/what happened
- An evaluation of why it is significant

You can use some of the suggestions and links below to help you if you want. Entries should be emailed to Mr Dignan before the deadline on Wednesday 1 November. Prizes will be awarded!

 <u>Rosa Parks</u> <u>Civil Rights</u> <u>Activist</u>	 <u>Maya Angelou</u> <u>Poet and Writer</u>	 <u>Mary Seacole</u> <u>Nurse</u>	 <u>Juan Garrido</u> <u>Explorer</u>
 <u>Michelle Obama</u> <u>First Lady</u>	 <u>David Olusoga</u> <u>Historian</u>	 <u>Billie Holliday</u> <u>Singer</u>	 <u>Chris Ofili</u> <u>Turner Prize</u> <u>Winning Artist</u>
 <u>Dr Shirley Jackson</u> <u>Physicist</u>	 <u>Walter Tull</u> <u>Footballer</u>	 <u>Black Tudors</u>	 <u>Barbara Walker</u> <u>Artist</u>
 <u>Matthew Henson</u> <u>Polar Explorer</u>	 <u>Jesse Owens</u> <u>Olympic Medalist</u>	 <u>Toussaine L'Ouverture</u> <u>Revolution Leader</u>	 <u>The first Black Briton</u>
 <u>Otis Boykin</u> <u>Inventor</u>	 <u>Charles Drew</u> <u>Scientist</u>	 <u>Florence Prince</u> <u>Musician</u>	 <u>St Martin de Porres</u> <u>Patron Saint of racial justice</u>
 <u>Diane Abbott</u> <u>Politician</u>	 <u>James Peters</u> <u>Rugby Player</u>	 <u>Dame Doreen Lawrence</u> <u>Campaigner</u>	 <u>Betty Campbell</u> <u>Wales' first black Headteacher</u>
 <u>Donald Rodney</u> <u>Artist</u>	 <u>Chadwick Boseman</u> <u>Actor</u>	 <u>Pte Arthur Roberts</u> <u>WW1 Solider</u>	 <u>Bernadine Evaristo</u> <u>Writer</u>



MISS URCH

U13 GIRLS HOCKEY TEAM!



Squad: Sophie, Esther, Emma F, Emilie, Elsie, Lucy, Jess, Elsa, Ruby, Lauren and Emma G

PLAYER OF THE TOURNAMENT (GK):

Emma F



PLAYER OF THE TOURNAMENT (OUTFIELD):

Lauren



On Monday, the squad of 11 travelled to Clifton College to take part in the Avon County round.

This is the first time in the school's history that we have entered, so the girls were very excited, if not a little nervous! In our pool, we were up against the likes of Hayesfield Girls' School, Clifton High, Clifton College and Royal High. We were lucky to have with us two Year 10 team managers, Laura Bower and Charlotte Russell, who played a big part in the team's starting line ups and tactics.

Our first two games were tough, and the girls rotated playing in goal (bravely!). But the team pulled together strongly in game 3 only losing by 1 goal to Clifton College and having many opportunities to win the game. Our last game against Royal High was the best of the day. The team went out with determination and a desire to show the others what BFS was made of. We drew the game 2-2 with fantastic attacking play!

I am very proud of the team, and the future of hockey at BFS is looking bright! Indoor training is every Wednesday from 3:00 - 4:15pm.

YEAR 10 BOYS RUGBY

Clifton RFC is actively looking for Year 10 boys to join their team!

Clifton RFC is more than just a rugby team; they're a close-knit community of boys and dedicated coaches who share a passion for the sport. What makes them unique is their inclusivity - whether a student is a seasoned rugby pro or a complete novice, they are more than welcome to be a part of the team. They firmly believe in the power of rugby to unite and empower individuals, offering a supportive environment where personal growth and teamwork are prioritised.

More information is available on [their website](#).

CLIFTON RUGBY U15S

1872
CLIFTON RUGBY
QUIA LUDIMUS LUDAMUS

JOIN CLIFTON RFC U15S TEAM AND BE PART OF AN EXCITING SEASON!
WE'RE ACTIVELY SEEKING NEW PLAYERS IN YEAR 10 WHO SHARE OUR PASSION FOR RUGBY.
CONTACT US TODAY TO SIGN UP FOR YOUR FREE TASTER SESSIONS.

TRAINING
WEDNESDAYS 6.30
SUNDAYS 11.30

MATCHES
SUNDAYS

GET STARTED

www.cliftonrugbv.co.uk
ANDREWCHEATER@HOTMAIL.CO.UK

Qualified, experienced coaches,
DBS checked and first aid trained.



SAM 11TG6

Y11 BOYS RUGBY CHAMPIONS!

Last Thursday, the Year 11 Boys Rugby Team went to a Bristol Schools' tournament at Kellaway Avenue.

To open the first game, against Oasis Brightstowe, Lucas the debutant made some explosive first carries with him soon finding his way onto the scoresheet. As Lucas thundered down the left wing for the opening try, many in the crowd began to question where this force had been for the past four years, with the big man storming through anyone unfortunate enough to find themselves in his path.

Next up, a replay of last year's final was upon us, with St Bernadette's surely hoping for a tighter game this time round. However, this was not to be, with an early score from hooker, Isaac G, giving us a strong start, the young man darting down the side of a ruck and muscling his way over the try line. Following this, some outrageous hands and footwork from outside centre, Joe, put nimble winger, Ben, steaming down the right wing for an impressive score. In addition to this, tries from the likes of Isaac S and Lucas helped us secure a lead, allowing us to close the game out 6-0.

The following game was a derby against local rivals, RGS. After a slow start and some unforced errors from the men in navy, BFS stepped up their game, with several monster hits from the left winger Reuben, giving BFS the much-needed momentum and confidence to see the game out as a comfortable 3-0 win.

In the final game, the lads faced an eager Ashton Park, keen to use their strong carriers and fast runners to try and defeat us. In the beginning, BFS gave Ashton Park an easy start with an early equaliser from the opposition, waking everyone up and switching us on. Following this, BFS were not to let the points go unanswered with another strong finish from Isaac S, getting us right back into the game. This, combined with a clinical finish from centre, Felix, allowed BFS to eventually secure a 4-1 victory, crowning us winners of the tournament. Overall, it was a successful day out for the boys, giving us a strong start to an exciting season to come.



CELEBRATION BREAKFAST!



The boys were treated to a celebratory breakfast with Mrs King, Miss Bate and Mr Tolman for their achievements - big congrats to Sonny, Isaac G, Angus, Lucas, Sam, Toby, George, Felix, Theo, Henry, Isaac S, Brennan, Reuben, Ben, Josh and Joe!

October Half-term at **THE RANCH**

Southmead Adventure Playground

Children & Families Free Play, 12 – 3pm
Tuesday 24th, Wednesday 25th & Thursday 26th
under 8s must be accompanied by an adult at all times



Follow our
Facebook page
for updates



southmeadadventureplayground
Go to Facebook for term-time events
and for Youth session times

Biking with
Lifecycle

Making Halloween
decorations

Sports tournament

Pumpkin carving

Ghoulish face
painting

Halloween fancy
dress party and
parade

Arts & crafts



Life Cycle  UK



Support for Inter-Parental Conflict (SIPCo)

A Project to Improve Parents' Relationships



FREE
support
programme
available for
parents in
conflict

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you frequently argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?
- Are you willing to try something new to help resolve your conflict?

If so, then this SIPCo project could help.

The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or access to some online resources with local support for reducing parental conflict.

Please contact Gina Pazienza:

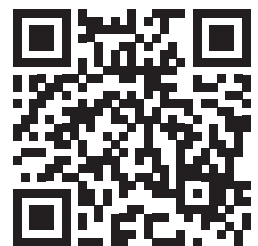
 relationshipsmatter@bristol.gov.uk

 07721 635376

 <https://www.bristol.gov.uk>

When you apply, your details will not be shared with anyone else.

Scan QR code to
find out more



LINK FORWARD

Linking you to what matters

For young people

aged 7-12
years

Contact your Link
Worker for eligible
GP practices &
referral form



WHO IS THIS FOR?

We support young people in school
years 3-7
with the following needs...

difficulty making friends
carer or parent with health issues
depression or anxiety
low self-esteem
managing change or a new setting
self-care

Children awaiting a CAMHS referral
are not eligible

YOUR LINK WORKERS



Jen Lister



Kath Smith



Eve Payne



Kate Martey



Poppy Large

Send completed referral forms to
bnssg.socialprescribingreferrals@nhs.net



SOUTHMEAD DEVELOPMENT TRUST