

Dear parents, carers and students

KEY DATES

- Monday 20 November - Year 12 Conference at Worcester Cathedral
- Thursday 23 November - Y12 Subject Evening and Oracy Pioneers Project at St Brendans
- Wednesday 29 November - Public Speaking Competition 4:00pm - 7:00pm
- Thursday 30 November - LanciaConsult Future Consultants Challenge

ROAD CLOSURES AND ROAD SAFETY WEEK 19 - 25 NOVEMBER

I have sent you a letter today explaining the upcoming road closures. School was not made aware of the closures until this week. I honestly do not understand why Bristol Council allowed this to happen when a large school and workplace needs access from Greystoke Avenue to Concorde Drive.

In my letter today I am asking students to walk to school. If they do rely on a lift, the drop off point should not be Concorde Drive. Roads affected have been highlighted on the map in my letter.

Some parents have asked school to open Burghill Road entrance. This is not possible; due to St Monica's frequent use of that access and the upcoming construction work, it would not be safe.

We will keep you updated of any developments impacting on road safety in the coming weeks.

CHARITY WORK



Our School Parliament is starting to plan charity work in the lead up to Christmas. Each house is linked to a charity and, in addition, we always support the homeless at Christmas so that will continue. We will also consider humanitarian aid for children caught up in conflict.

MOCK EXAMS



Year 11 and Year 13 will start their mocks in all their subjects on Monday. Year 10 are doing their short course Religion and Philosophy to prepare for their first GCSE examination next summer. The government has announced some adjustments will be made for GCSE due to the impact of Covid. This is a very recent announcement, so we will share the details with you as they come through.

Wishing you all a happy weekend



MRS S KING



FRIENDS OF BFS

The easiest way of supporting FoBFS is by using Easyfundraising!

It's a hassle-free way of earning extra money for our school. Please [click here](#) or install the Easyfundraising App on your phone. All you must do is assign BFS as the place you want funds to go to. There are lots of online shops on there and it's straightforward to use.

HAPPY CHRISTMAS SHOPPING!

careers notices

DICK LOVETT WORK EXPERIENCE

If you're interested in the automotive industry, you can apply for work experience with Dick Lovett by filling out this form and returning it to personnel@dicklovett.co.uk.

They also offer a range of apprenticeships in vehicle tech, customer service, parts, bodyshop, IT and finance - please [click here](#) for more information.



NHS WORK EXPERIENCE

Applications for National NHS Virtual Work Experience are now open for 2023-2024!



Taking part in the Virtual Work Experience will provide:

Comprehensive Insights: The programme covers a range of specialities, providing a holistic understanding of medical and dental practices. Each month, a new focus area is introduced, allowing participants to delve into different aspects of the field.

Flexible Participation: Tailored for students from years 10-13/S3-S6/NI10-14, the programme accommodates various schedules by being virtual. Participants have one month to complete each specialty, ensuring flexibility and ease of participation.

Recognised Certification: Upon successful completion of all specialities, students will receive a certificate from Medic Mentor and UHB, validating their active participation to include in their UCAS and apprenticeships applications.

This opportunity is open to students aged 14 and over. To apply, please [click here](#).



HOUSE COMPETITION



This week's house competition will be a keepy-up tournament! During lunchtime on Friday 24 November, please come along to the MUGA and have a go at doing as many keepy-ups with a football as possible. This competition is open to all, participants will be awarded with a house point. Third place will be awarded 10 house points, second will receive 20, and the winner will receive 30 house points. See you then - come on Ashton!

BIOLOGY COMPETITION

Design an illustrated, web-page report for teenagers to raise their awareness of neglected tropical diseases!

Select one neglected tropical disease. describe the disease, including its symptoms, where it is found in the world, preventative measures and treatments, and the impact it has on affected people and communities.

- Describe the pathogen that causes the disease and what is known about how it is transmitted.
- Discuss how climate change may alter the spread, global distribution and impact of the disease.

Five top tips

1. Use the scientific name of any pathogens you mention.
2. Don't forget that the first name (genus) begins with an upper-case letter and the second name (species) has a lower-case initial letter (e.g. *Trypanosoma brucei*). This can be abbreviated, for example, to *T. brucei* after its first use.
3. Use italics for the scientific name - or underline it if your entry is hand-written.
4. Use your own words because plagiarism (which is cheating) will be penalised.
5. For data and other material used to illustrate your entry, provide information of their sources.

Deadline: 20 March 2024.

Submit all entries to Ms. Hawes in CF19 so she can post them by 01 April (hence internal deadline sooner than external).

All entries must be no larger than one side of A3 paper.

House points available! External prizes: 1st £100 2nd £50 3rd £25

For more details, [please click here!](#)

BFS SPORT



MISS SLATER

OUTDOOR PE LESSONS

From 20 November until 1 December, PE lessons for all students in all year groups will take place at Greenway. All students will be outside for PE lessons taking part in House events. Students can choose which House event they want to take part in for the lesson on the day of their lesson. No sign up needed.



HOUSE EVENT OPTIONS:

1. Football (students must bring shin pads and football boots with them - they will not be loaned out)

2. Touch rugby:

1st place in tournament = 8 House Points

2nd place in tournament = 5 House Points

3rd place in tournament = 3 House Points



3. Walk/running route (How many 1K laps can you complete in a lesson? You can either run, run/walk or walk, and each lap = 1 House Point)

All students will receive 1 House Point for participating. Please make sure you have appropriate clothing and layers.



PE KIT EXPECTATIONS:

- Navy blue PE kit as normal (not black and/or grey or any other colour)
- Navy blue tracksuit bottoms and navy blue leggings can be worn as alternatives to shorts and/or skirts.
- Navy blue jumpers (not school jumpers)
- Underlayers: long sleeve t-shirts can be worn under your PE t-shirt (these can be any colour)
- You can wear gloves, which have grip on them.
- You can wear hats (without a big bobble on them) or ear headbands to cover ears.

All curriculum lessons will continue as normal from 5 December



MRS BALLARD

SPORTS HALL ATHLETICS

This week, a team of Year 7 and Year 8 athletes went to RGS for the Annual Sports Hall Athletics Competition against other Bristol schools. All students performed very well with some stand out results as follows:

★ YEAR 7 ★



Iris came 1st in the 6-lap race



Stan came 2nd in the 4-lap race



Lucas and Harry came 2nd in the 8-lap paarlauf

★ YEAR 8 ★



Jess came 1st in the 4-lap race



Elsa came 2nd in the 6-lap race

Elsa and Jess finished 2nd in the 8-lap paarlauf



Prince and King came 2nd in the 1-lap race



Wilf came 1st in the 4-lap race



Sam came 2nd in the 4-lap race

The final results will get sent through to us in the coming weeks and we will see if any of our teams have progressed through to the next round.





BFS COOKS



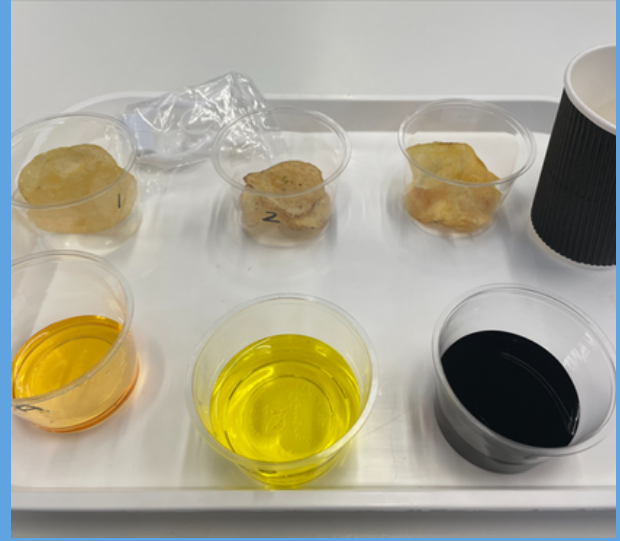
BATH SPA UNIVERSITY

BATH SPA UNIVERSITY TRIP!

MS EVANS

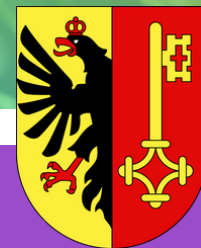


Year 13 and 12 Food Students visited the food and nutrition department at Bath Spa Uni. The students attended mini practical taster lectures starting with an introduction to food product development in particular the use of crickets as an alternative to protein, followed by interactive workshops on sensory analysis. They investigated the cross contamination of E. coli from raw chicken to salad and looked at the nutrition of a smoothie. They finished off with a pizza lunch and had chance to hear the student ambassadors' experience of studying food and as well as information about Food courses they could study and how they feed into potential careers.



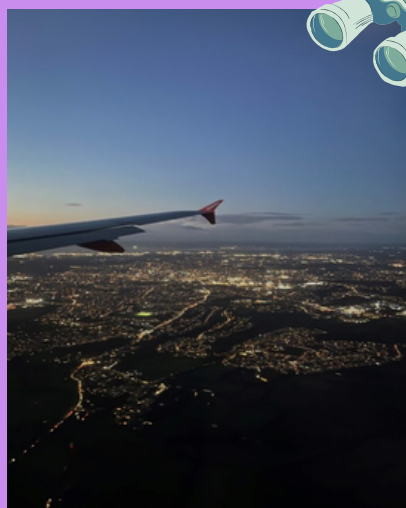


BFS SCIENCE

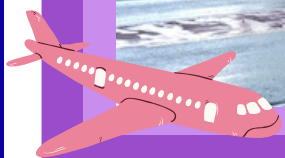


MS BOARD

YEAR 12 GENEVA TRIP



After a reasonably early start, we arrived in Geneva with time to explore the famous lake and waterfront before dinner. Nestled between the waterfront and the old town, the hostel was in a great location for sightseeing and cute dog spotting, with super views over the lake (from the 6th floor) and of the traditional architecture. After a couple of hours exploring, we settled down to enjoy our meal and rest and recharge our batteries for a big day of sightseeing ahead!



Lively, after our huge hotel breakfast, we caught the ferry across the lake (a staff highlight) towards the Museum of Natural History and the Old Quarter of Geneva. Diving into the amazing exhibits, we learned a lot about the regional species as well as some of the most important discoveries in global Natural History. Intent on making it to the top of the hill at St Peter's Cathedral, we hiked up in time for lunch, with students showing off their language skills to order their food and drinks. Satiated and quenched, we headed off to the big event of the day, our tour of the UN Palace of Nations! Having been caught in an unfortunate downpour, we waited to be scanned through security and our tour began! Both tour guides were exceptional, showing us behind the scenes of the UN, the incredible library, the artwork donated by different member states and we were able to listen to a meeting that was going on at the time from the observation room.

Everyone really loved the experience, with Mr Lally and Mr Innes particularly enjoying the knowledge of their guide. Embarking on our next tram journey, we headed to our evening entertainment, bowling!

Fun times were had by all, with the girls' team scoring a number of strikes. Camaraderie at a high, we headed back to get some rest before the main event of Thursday, our visit to CERN!

After another great breakfast, we set off early to CERN and were driven to the CMS (Compact Muon Solenoid) location, crossing the border into France.

Keen to learn all about the LHC (Large Hadron Collider) and the detector itself, we split into groups to do the full tour, venturing to the enormous room where the detector was built, taking the lift very quickly down nearly 100m and seeing Ms Board's highlight, the incredibly impressive cabling room. Ending the day at CERN with the brand-new Science Gateway exhibitions, and of course, the gift shop, we went back to the hostel to prepare for a traditional Swiss night out!





BFS SCIENCE



JAMES 12TG3



Quite simply, the city of Geneva is incredible. We had a few hours across the trip to travel in groups and see the varied architecture and a couple of museums (Natural History and History of Science). A high point personally was buying chocolate using French - GCSE French does have its uses after all. Morale was high throughout especially on walks along the waterfront. One night we enjoyed a traditional Swiss meal which included fondue and a man playing an alphorn, while we ate.

On the second day of the trip, we took a tour of the United Nations, after travelling by tram through the rain. Our group started in the most modern of the four conference rooms, which wasn't in use and grand in stature. Funnily enough, thanks to a few countries not financially contributing to the organisation this year, there were no working escalators - to the dismay of certain students. We also viewed an active debate from a spectator box. Fun fact: all the site is international territory, from the library to the tunnels to the book shop.

Our third day started early, with alarms set at 6:30 am for our upcoming tour of CERN. We had to cross the border and eventually we arrived at the CMS (Compact Muon Solenoid for those interested) which is one of the four detectors around the particle accelerator - where electromagnets are used to speed up billions of protons in discrete packets which then collide. We learnt from particle physicists how different aspects of the sensor were used for different particles - like specially grown tungsten crystals and gas chambers just to act as effectively a camera.

Next up, we headed out to Restaurant Edelweiss for an evening of traditional fayre and music. Our favourite part of the experience was surely the traditional folkloric music playing while we ate and it was a big hit with us all! Not everyone had sampled fondue before, resulting in a lot of fun at the tables. Swiss food and experience ticked off our list, we headed back to the hostel to rest before our last adventures and travel home on Friday.

Tired after another fairly early start, we hiked off to the History of Science Museum, which was a great snapshot of scientific discovery through the ages. Objects and discoveries from astronomy, meteorology and more were displayed and some of our Physicists really loved the interactive exhibits! Pressing on to the botanical gardens, we made time for lunch alfresco and admired the beautiful scenery. Goats, deer and peacocks were all roaming, pleasing the wildlife fans among us.

Yearning for a rest and by this point, our own beds, we headed off to the airport and then back home to Bristol. Making the flight in plenty of time, we relaxed and made it home in time for a restful weekend!





BFS MFL



LANGUAGE AMBASSADORS COMPETITION

We are running a competition across the school for the design of a Logo for our Language Ambassadors BFS, and we would like everyone to get involved. This Logo should embody our values of cultural diversity and community, and our aspiration to promote the appreciation, learning and research of languages and cultures. The design could even include a motto if you wish.

All entries will receive a house point and a special prize will be given to the winner. If you are interested, please pass your physical entry to DF16 or if in digital format send it to m.ardelean@bristolfreeschool.org.uk. The deadline is Tuesday 5 December. To all contestants - Good Luck!!



Kindly,
The Language Ambassadors

LRC NEWS



NON-FICTION NOVEMBER!

Recent research by the National Literacy Trust (2022), shows that more than half (56%) of children and young people enjoy reading non-fiction. They also found that children who read non-fiction are more engaged with environmental issues – one of the most prominent issues facing young people today.

The study also found that the more children and young people read non-fiction the more motivated they are to-

1. read for educational purposes and therefore experience greater success in their educational endeavours.
2. engage with non-fiction texts to satisfy curiosities.
3. foster meaningful social connections.

The study also found that reading non-fiction texts can support a child's mental health and wellbeing, making it a vital tool at a time when instances of mental health problems in schools has risen exponentially.

CELEBRATE NON-FICTION NOVEMBER

Research demonstrates, providing pupils with the opportunity to read and explore non-fiction plays a vital role in helping them to learn about their world, as well as fostering reading for pleasure. Our Learning Resource Centre can provide essential access to a high-quality and engaging non-fiction collection, helping students explore truths, realities, self-help manuals and celebrate, both different perspectives and the enjoyment fresh discoveries and new knowledge can bring.

WHAT CAN NON-FICTION DO FOR YOU?

Learn a new skill, or perfect an old one!

Appreciate other people, other places, other lives and another time!

Be inspired to improve people's lives, the world, and yourself!

Broaden your horizons, your understanding and your empathy for the lives, belief and customs of societies around the world.

Read about great achievements and discoveries and plan your own!

DROP INTO THE LRC AT BREAK/LUNCH TO CHECK OUT THE FACTS!

ANTI-BULLYING WEEK POEMS



Our voice is gone but our words still remain.
We waited for hope, but nobody came.
'A snitch' they would call us if we ever said,
So now we're choking on hate that you spread.

I know you think your actions don't matter,
But all of the pain soon begins to scatter,
Throughout our minds which you seem to hate.
It's gone too far and now it's too late.

We cannot recover from the state that we're in.
You've pushed us too far now we can begin,
To revert to the tears that no one can see,
'Till the feeling is gone, and it envelopes me.

Again and again, it starts to get worse.
The words that you spit are but a curse.
To comfort our minds and all that we feel,
Is all that you say truthfully real?

We're sinking through everything, dark and dim,
We're climbing the ladder through thick and thin,
We finally made it from all this despair,
But after this struggle, do you even care?

BY EMILY 9TG1

Bullying is a knife to the
heart,
Tearing you up inside.
Cruel words, cruel touch,
Leaves us broken.

Have you ever felt like this;
Like no one cares?
Like there's no one out there?
Like you are the ugly duckling
amongst the swans?

Upset, everyone is bigger
than you.
We are the cowering mouse,
Against the roaring lion.
Living hell!

Mental, physical trauma,
Anxiety is overpowering.
My insides turn upside down,
And it all becomes too
much...
But...

If you are getting bullied,
don't just suck it up.
If you let it happen,
you're stuck in the deep
and muck.

Step forward, step out of
the darkness
Step into the light!

Don't try and bully your
own problems away.
Tell someone: a trusted
adult, a friend, a parent,
carer,
Aunt, Uncle, coach,
cousin...
There are so many
people who want to help.

If you are a bully....stop!
Just stop.
We will not tolerate you.
Together, we are united!

TOGETHER WE ARE UNITED BY 9TG2

Have you ever felt isolated
- in a world where you
don't fit in?
Like an old toy being
thrown in the bin.
Those words cut like
knives, they ruin too many
lives,
Don't let the comments
win. Don't let the words
sink in.

Have you ever felt belittled
and alone?
Feeling like there's no
escape.
The online bullies can even
make you feel unsafe in
your own home -
Be the hero in the cape.
So never back down.
Never watch it happen.
Don't follow the crowd.
Bullying is a pattern.

I bet you know what it feels
like,
Crowding around a fight.
How would you feel,
To be that guy or girl -
That person?
We need fewer thugs,
We need more hugs.
So how would you feel?

Have you ever felt like it
was just too much?
You're too alone, too
scared, too tired of being
judged?
Well, together we can
make things right,
Say no to bullying and put
up a fight.
Together we can help
those who are on their
own,
And if we're together we're
never alone.

BY 9TG3

Look at us,
Ignorant through our
actions,
It's not banter, it's
bullying,
Together we must
beat bullying

Have you ever felt
Like you were
different from
others,
Can you imagine
how,
your words could
hurt others

I bet you know what
it's like,
Since it's so common,
This is part of life,
but we shouldn't
ignore it

BY 9TG4

It hurts more than
you think,
People don't always
take the joke,
Have you ever felt
crushed?
By the weight of the
bullying?

Bullying is bad,
It makes people sad,
If you bully at all,
it is not very cool

Get help from a
teacher,
Bullies are like
creatures,
Together we are
united
And together we will
stop the bullying

ANTI-BULLYING WEEK POEMS



I bet you once felt,
Depressed and tired, all these things you dealt.
It's time to seek help,
Wave your hands, make a sound, just,
Don't scream and yelp.

Mean texts coming from your phone,
Every hour of every day,
But you are not alone,
Reach out - it's okay.

No need to fight,
Keeps you up at night,
Put them behind bars,
Together we are.

We all deserve respect,
Don't let them get the better of you,
We want you to protect,
People who are weaker than you.

BY 9TG5

It may not be obvious to see, but it stings like a bee,
You pulled my hair like you just didn't care,
But clearly you didn't see, how much the pain hurt me,
Why would you do such a thing, you don't even have as
much power as the king.

Sometimes I sit all alone,
The endless messages coming through my phone,
I don't know how to make it end,
All these people keep pressing send.

Bullying is not great,
Especially when you are in a line of hate,
What I experienced is horrible online,
You could call it a kind of crime.

Anger, hate, loneliness, now I have anxiety,
Now I have got support,
Because I press report,
Together we are supporting, helping, and hoping.

BY 9TG6

Bullying is bad.
It makes people sad.
So, don't forget,
It makes people upset.

All the troubles you had,
Might make you mad,
You must not stoop that low,
To the teacher you must go.

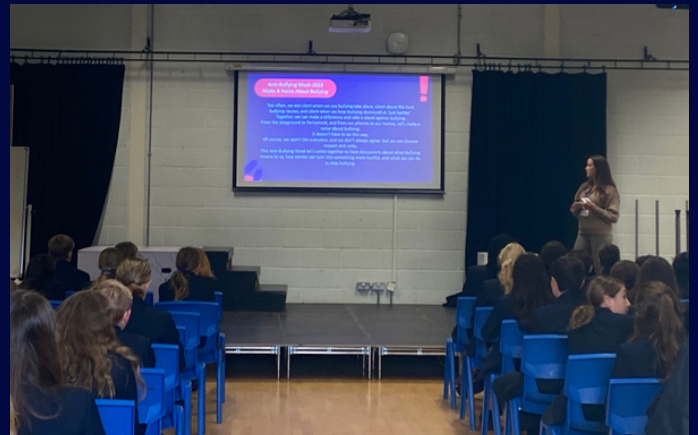
Have you ever felt what it's like to be alone,
With no friend to turn to,
No people to call home?
Well, if you're in this situation,
Do not despair!
I'll buy you a big cuddly bear!
Together we are strong, united by love.

Look at us standing united against bullying.
Can you imagine the pain you caused?
Bet you don't know what it's like;
Having a heart broken, but still putting up a fight.
And now we come back stronger than ever,
Prepared to stand our ground forever.

Together we are retaliating against bullying.

ANTI-BULLYING POEM BY 9TG7

ANTI-BULLYING ASSEMBLIES



This Anti-Bullying Week,
let's make a noise about bullying.

**MAKE A
NOISE
ABOUT
BULLYING**

Monday 13th to
Friday 17th November
#AntiBullyingWeek
#MakeANoise

A small photograph of two students, a boy and a girl, laughing together.