



**MS SAYER**

## YOUTH SPEAKS ORACY COMPETITION

The English Department were delighted to have two teams from Bristol Free School enter the Rotary Club's annual 'Youth Speaks' competition, held at Redmaids' High School.

First up was our intermediate team, with the motion: 'This House would ban vaping in the UK'. Alba was an excellent chairperson, maintaining a sense of decorum throughout. Proposing the motion, Miranda made impressive use of research and alarming case studies to convince the judges that vaping is at least as dangerous as smoking to our personal, public and environmental health. For the opposition, Lucy's speech was full of perceptive rebuttal, and raised the question of whether banning vaping would indeed address the root problem of nicotine addiction.

We then moved on to our senior team, ably chaired by Simon, who had chosen the motion 'Does cancel culture inhibit art?', Lily gave an impassioned speech proposing the motion, questioning whether cancel culture – should it have been conceived in the 1970s – would have prevented the creation of iconic films such as The Rocky Horror Picture Show. This was then countered by Nushanti, who argued cancel culture is merely the next step forward in holding others to account for potentially offensive or damaging opinions.

Both teams really impressed the judges with their confidence and preparedness and the event's organiser remarked that they showed 'assurance beyond their years'. We are extremely proud of them!

# KEY DATES

- Tuesday 29 November - BEP Student Leadership Event at Redmaids
- Wednesday 29 November - Public Speaking Competition 4:00pm - 7:00pm
- Monday 4 December - INSET Day
- Tuesday 5 December - Sixth Former for a Day

## KEEPY-UP HOUSE COMPETITION!



This week's House competition was a 'keepy-up' tournament on the MUGA. The sun was shining during Key Stage 3 and 4 lunches as we hosted the first ever 'keepy-up' tournament at BFS! Well done to those who participated – there will be house points coming your way! A huge congratulations to the top three entrants across all year groups:



**1**  
Karim  
550 (Blaise)  
30 House  
Points!



**2**  
Josh  
493 (Ashton)  
20 House  
Points!



**3**  
Sam  
366 (Blaise)  
10 House  
Points!

**A REMINDER THAT THERE ARE  
FREE MENSTRUAL PRODUCTS  
AVAILABLE IN MAIN  
RECEPTION, STUDENT SERVICES  
AND THE SIXTH FORM ADMIN  
OFFICE.**



# ATTENDANCE MATTERS



## PLANNED ABSENCE

For planned absences, such as funerals or participation in elite sport, please contact [admin@bristolfreeschool.org.uk](mailto:admin@bristolfreeschool.org.uk) for an absence request form. Please submit the form with as much advance notice as possible (ideally 2 weeks).

## HOLIDAYS

Holidays in term time are highly discouraged and are likely to result in a penalty notice (£60 per child, per parent) or prosecution (up to £2500 and 1 or 3 months imprisonment). Please do not book holidays during term time.

## MEDICAL APPOINTMENTS

Where possible, please book medical appointments outside school hours. If this is not possible, please email proof of the appointment (such as a text reminder) to [admin@bristolfreeschool.org.uk](mailto:admin@bristolfreeschool.org.uk) with the time that you will collect your child and the time that they are expected to return to school. Students are expected to attend school as much as possible during the day of an appointment.

Thank you for your cooperation,  
Attendance Team.

**PLEASE CLICK HERE  
TO READ A LETTER  
FROM THE LOCAL  
POLICE REGARDING  
E-SCOOTERS**



# careers notices



MISS NORTON  
CAREERS LEAD



## EMPLOYER TALKS

This morning we welcomed Gill Holt who is one of the first team physiotherapists working for Bristol City Football Club; Gill is now in her 25th season with the club. We had a full room of Year 9 - Year 13 students excited to learn more about the role of physiotherapists in professional sport. Gill talked about her day-to-day role working on the rehabilitation of players as well as injury prevention and her role on match days where she communicates with the management team to decide whether player should be brought off the pitch.

She also talked about a range of other professionals that she works with at the club and the role that they have including, strength and conditioning coaches, sports therapists, nutritionists, and psychologists. She gave students an insight into the commitment required to work in professional sport, the responsibility that comes with such a role as well as how students can get into working in professional sport.

Gill also gave an insight into her early career in the NHS and working as a physio in a range of areas. Students were really engaged and asked lots of questions at the end of the presentation. A huge thank you to Gill for taking the time out to come and speak with our students.



## UPCOMING EMPLOYER TALKS

- English Literature - 1 December
- Bookselling/Starting your own business - 8 December
- Law with Burges Salmon - 5 January
- Palaeobiology - 19 January

## YEAR 11/12 TECHNOLOGY WORK EXPERIENCE

Curious about a career in technology? Applications for Cisco Pathways Work Experience Programme in February 2024 are now open for Year 11 and Year 12 students! This is a weeklong programme with the aim of showing students the range of jobs within a global IT company, and also developing presentation, teamwork and employability skills, as well as building confidence through online modules and interactive sessions.

There are two options to attend: hybrid and virtual. The hybrid format means that students will spend time both in the office (options of Bedfont Lakes, Feltham and Didsbury near Manchester) and online. The virtual option is for those who don't live near one of these offices or is unable to commute.

To apply and for more information, please [click here](#).



## GUIDE TO BOOSTING CAREER PROSPECTS

The graduate market is in a very healthy place. Employment rates rose 14.5% in 2022 from the previous year, with an additional 3,500 jobs handed out to those who had recently left higher education.

Please [click here](#) to read *A University Graduate's Guide to Boosting Careers Prospects - 20 Ways to Stand Out to Employers*.

This guide covers graduate student employment statistics, how to prepare for the world of work during university, guidance on the job hunt, and interview techniques.





# BFS COOKS

MS EVANS

## GCSE FOOD PRACTICAL

Last week, BFS had a delivery of rope-grown mussels as part of the Fish Heroes Programme with Food Teachers Centre and The Fishmongers Company.

Year 10 had the chance to prepare, cook and eat seasonal mussels in a Thai green broth. We also learnt about their sustainability factor; did you know that their shells catch carbon? The mussels we received had low food miles as they were grown, harvested and prepared off the coast of Cornwall. Mussels also have great nutritional value and are very quick to cook.

A big thanks to Offshore Shellfish, River Teign Shellfish and DFDS Global!



# BFS SPORT



## MR LANGEVELDT YEAR 10 AND 11 BASKETBALL

It was a fantastic performance from BFS last week after their 40-4 victory over Brightstowe. It was a tremendous defensive display, only giving away 4 points, seeing BFS grab their first win.

The game started at terrific pace, BFS applying the pressure on Brightstowe, thanks to the Year 11 starting 5 (Joey, Ishaq, Ido, Josh and Karim). The second quarter started the same way the first finished; BFS dominating, letting the lead develop. The third quarter was won by the Year 11 starting 5, going on a huge scoring run to finish the quarter 32 - 2. The fourth quarter was finished by the Year 10 students (Esomba, Emran, Chris and Myles) finishing the game 40-4.

Mr Langeveldt was extremely happy with the performance, especially getting the win over his old school!



## PLAYER OF THE MATCH



IDO





# BFS GEOGRAPHY

MISS JONES



This term we have been celebrating being awarded the Geographical Association's Secondary Geography Quality Mark. This award recognises excellent quality of teaching and learning in geography.



## GEOGRAPHY FIELD TRIPS!



Our BFS geographers have engaged in several field trips including a sixth form residential to develop geographical fieldwork skills.

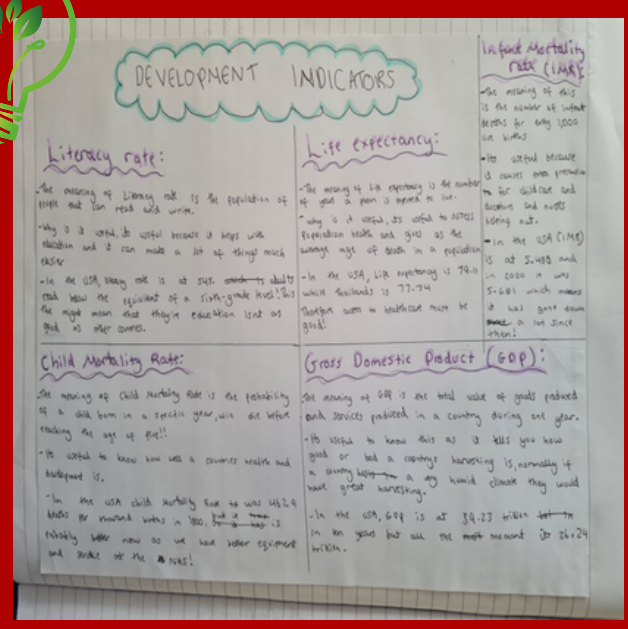
Our Eco Group took a trip to City Hall to address the challenges of climate change and share solutions with peers from other Bristol schools.

Our students really shone during these trips and did the BFS community proud.



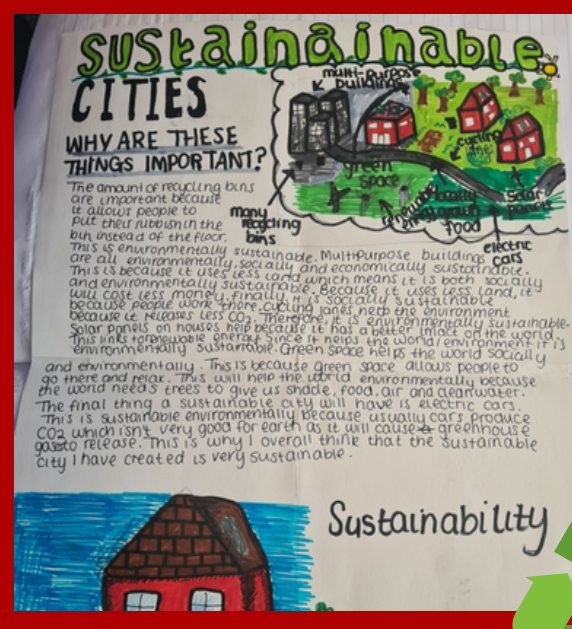
## YEAR 8 GEOGRAPHY

Our year 8 students have been learning about sustainability and population growth this term. Students have developed their knowledge about sustainable cities in the Middle East and how growing populations have resulted in the need for alternative, sustainable energy sources.



## YEAR 9 GEOGRAPHY

Our Year 9 students have been learning about international development and the different factors that affect quality of life around the globe. Students have developed their understanding of the human and physical factors that help and hinder development in South-East Asia.



# international men's day

19 NOVEMBER  
2023

All BFS staff were asked to nominate someone they consider to be an excellent male role model. This could have been a celebrity, or someone they known personally. They have given explanations of the positive characteristics their male role model shows in their reasons for nominating them.

## MARCUS RASHFORD

He has used his fame and status as a Premier League Footballer to highlight inequalities in our society and through his campaigns on racism, homelessness and child hunger, he has had a positive impact on the lives of many.



## MR EAST

This gentleman is very much respected throughout the school, both by pupils and members of staff alike. He has a fairness and gentle approach that everyone around him gets drawn to.



His presence is so calming. He is a role model as he speaks to others the way that he wishes to be spoken to. He remains neutral and always is honest. This, to me, is someone that needs to be recognised.

## MR HARRIS

Mr Harris is kind, considerate and has always been someone I can turn to for support and advice without judgement. Mr Harris is an incredible dad, and he brought his two children to the staff leaving speeches last year and read out speeches with his son strapped to his chest. He is flying the flag for dads! Mr Harris, for me, is the epitome of an amazing human-being, he is thoughtful, he prioritises his family, is open with how he is feeling, intelligent without being boastful and very humorous.



## DAVID ATTENBOROUGH



He has worked hard to get where he is and continues his great work. He is also doing lots to show how climate change is affecting the planet and what can be done to help slow it down.

## MR MACBLAIN



He is always calm and reasonable, nothing flaps him. Always polite and respectful, never makes you feel uncomfortable.

## KEANU REEVES



Despite his fame and sad life, Keanu continues to contribute to society in a positive way. He donates much of his earnings to charity.

Other nominations included Sir Mo Farah, Kurt Cobain, Stormzy, Gareth Southgate, as well as Dr Clavel's uncle and Miss Bennett's Grandad!



# MURMURATION COMMUNITY THERAPY



## New SEND Parent Carer Nurture Groups

Starting January 2024: 8 sessions to build emotional wellbeing and friendship amongst a small group of SEND parents.

**Brislington - Tuesdays - 1:00pm - 2:30pm**

Broomhill Children's Centre, Fermaine Ave, Brislington, BS4 4UY

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**Upper Horfield - Wednesdays - 10.30am - 12:00pm**

Upper Horfield Children's Centre, 34 Sheridan Rd, Horfield, BS7 0PU

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**Eastville - Wednesdays - 8:00pm - 9.30pm**

Nissen Hut, Eastville Park, Fishponds Rd, Eastville, BS5 6XA

Places are free, we welcome donations.



MURMURATION  
COMMUNITY  
THERAPY

FOR MORE INFO AND TO BOOK VISIT  
[MURMURATIONCOMMUNITYTHERAPY.COM](https://www.murmurationcommunitytherapy.com)



MURMURATIONCOMMUNITYTHERAPY



# THE **BIG** AMBITION

**The Children's Commissioner for England has recently launched 'The Big Ambition' to hear directly from children, young people and parents across the country.**

**We want to hear from all children, in every part of the country and in every setting.**

**This is your chance to tell key policymakers what is important to you ahead of the general election. Take part now and ensure your needs are reflected in the decisions that will affect you in years to come.**

Scan the QR code to  
take part



 **CHILDREN'S  
COMMISSIONER**

[www.childrenscommissioner.gov.uk/thebigambition](http://www.childrenscommissioner.gov.uk/thebigambition)

