

Dear parents, carers and students

PUBLIC SPEAKING WORKSHOP - DARREN JONES MP

Today we welcomed Darren Jones MP to BFS to run a public speaking workshop. We had over 50 students in Year 9 attend, and I was delighted with the engagement and enthusiasm from our students in this session.

Darren gave students a lot of valuable tips on how to own the room when you speak to an audience and the importance of being yourself. I made a few notes for myself!



POSITIVE HABITS FOR 2024!

This week I have been delivering an assembly on the importance of setting small positive habits that will add up to big improvements if you stick to them everyday. I referenced Dave Brailsford and his recent link to Manchester United and the book Atomic Habits by James Clear to support the importance of building small positive habits.

**BE
POSITIVE**

Ideas I shared the idea of a '10-minute miracle' habit:

- Setting the alarm 10 minutes early
- Packing your bag the night before
- Spending 10 minutes on a subject you want to improve - revisiting classwork or using a digital platform like Dr Frost.
- Smiling and saying 'Hi' to at least 5 other students you do not know every day.

This is not a new concept as Aristotle said over 2000 years ago:

"We are what we repeatedly do; excellence, then, is not an act but a habit."



COLD WEATHER

This week has been extremely cold, and the weather forecast is for this to continue through to next week. Please be aware if it does snow and school needs to be closed, we will inform parents/carers as early as we can, and the website will also have this information. We do have an [Instagram](#) and [X](#) that will also post updates.

Stay warm!



MRS S KING

KEY DATES

- Thursday 18 January - Y13 Reports Issued, Y9 Options Evening (live online event) and Y12/Y13 Metamorphosis Bristol Old Vic
- Friday 19 January - Young Briton Award - Y7 Design Workshop



JOIN THE WORLD'S LARGEST GARDEN WILDLIFE SURVEY!



FREE ACTIVITIES FOR DISABLED/SEND FAMILIES!



Out and About are running a free cinema session on Thursday 15 February at 11:00am at Showcase Cinema in Avonmeads for families with disabled/SEND children!

There is a maximum of 6 tickets available per family and the film will be announced on Thursday 1 February, but families can apply for tickets now!

Out and About offer a range of after school, weekend and school holiday sessions for disabled/SEND children and young people in Bristol. [Please click here](#) to view the other activities they offer.



Y12 SUMMER SCHOOL

Sutton Trust Summer School offers the opportunity to experience student life in Bristol, with the chance to experience one of eight different subject streams designed to provide an insight into a range of undergraduate courses at university.

Applications typically open in January and the summer school runs in late July and will be based on campus in Bristol. [Please click here](#) for more information.

VACCINATION PROGRAMME

The Sirona Team will be on site on the following dates to administer the school vaccination programme:

- Wednesday 31 January – Year 8 HPV
- Wednesday 1 May – Year 9 menACWY
- Wednesday 12 June – Year 9 HPV

Further information and the link to give consent has/will be sent to you in the lead up to the date of the vaccination.

If you have a child in Year 8 and if not already done so, please give consent for your child to have the HPV vaccination [via the link here](#).

HEAD LICE AND NITS



Learn how to spot, treat and prevent head lice and nits, the small insects that cause itchy scalp. Find out how to use wet combing, medicated lotions and sprays, or other methods to remove them from your hair. Get advice from the NHS on when to see a GP and how to stop them spreading. [Click here to read more.](#)

ATTENDANCE MATTERS



MINOR ILLNESS



The Chief Medical Officer, Professor Chris Whitty, has issued the following advice for minor illness and school attendance:

"It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above."

If you need further guidance about illness and attendance, please follow this link to the NHS advice: [NHS 'Is my child too ill for school?' guidance](#)

EMPLOYER TALKS



LUKE PHILLIPS - DYSON

MISS NORTON
CAREERS LEAD



On Thursday, we welcomed Luke Phillips who completed his A Level studies at BFS last year. He has since gone to the Dyson Institute of Engineering and Technology (DIET) to complete a degree apprenticeship. Luke talked to students from Year 10 - Year 13 about the MEng (Hons) Engineering programme that Dyson are offering from next year.

This is a four-year programme where a start group of around 40 students spend 2 days a week studying towards a master's degree, and three days working on projects in a range of areas in the business, including electronics, mechanical, software and new product innovation. Students are paid an apprentice salary and do not have to pay any tuition fees for the degree; in the first year they live on site in Malmesbury and have an experience very similar to student living at university with excellent facilities. On completion of the course, students are fully employed by Dyson and paid a full engineer salary (after taking a paid 3-month break if they wish!). Luke talked about the application process which for 2024 is open now; he is willing to support students who are thinking about applying. Thank you, Luke!



EMILY PENTREATH - BIOMEDICAL SCIENCE



Today we welcomed Emily Pentreath to talk to students from Year 9 - Year 13 about careers in Biomedical sciences. Emily was a biomedical scientist at Southmead Hospital, working in a range of different roles and now works as Pathology Network Education Trainer.

She talked to our students about how important biomedical scientists are in diagnosing and treating patients and introduced them to some of the 17 different specialities that come under the umbrella of Pathology including: histopathology, neuropathology, microbiology, pediatric and perinatal pathology, and toxicology. Emily talked about a huge variety of different routes that students can take to become a biomedical scientist, including the traditional academic route of university but also apprenticeships and training programmes.

For those choosing the degree route, she stressed the importance of ensuring that that degree course is accredited by the Institute of Biomedical Sciences (IBMS) and recommended choosing courses with placement years/modules.

This was our highest attended career talk to date with 85 students attending! Students who attended will be able to access the slides used today on their Unifrog accounts from early next week.



LRC NEWS

ACCELERATED READER PROGRAMME



Congratulations to Tallulah in Year 7 for completing a fantastic 22 books on the Accelerated Reader programme!

Well done to Tallulah and all the other avid BFS readers.

All pupils in Year 7 and 8 use the Accelerated Reader programme and have a fortnightly lesson in the LRC dedicated to all things reading. Upon finishing a book, students take a quiz on that book which helps us track and monitor the progression of their reading skills, but also importantly it helps students discover a range of books to develop their love of reading. The book quiz is best taken as soon as possible after finishing the book and is an online quiz accessed via the BFS website.

RECOMMENDED READ!

In a short break from reading, Tallulah took some time to recommend one of her favourite books and tell us about her experience reading it:

"In 'The Recruit' by Robert Muchamore, 11-year-old James Adams has been accepted into the Cherub spy agency after the death of his mother. Now he has to go on a 100-day training regime and so far, it's been like a living hell. This is an adventure book. I enjoyed how his life wasn't perfect and bad things happened all the time including things he couldn't recover from. One thing I really remember about reading this book is that I was feeling a bit bored with the things I'd been reading, but this book was always exciting. It reminded me of the Young James Bond books. I think if you like reading adventure genre books then you'll love this. But I will warn you that this is the first in a brilliant series so you could be hooked for a while."



**QUIZ
TIME!!!**

READING CHAMPIONS QUIZ

The National Reading Champions Quiz is open to students between the ages of 10 and 14. This year, BFS is looking to enter a team of voracious readers. Over the coming weeks, we will put together one or two teams of four students (plus one reserve) who know their Harry Potters from their Skelligs and their Blytons from their Blackmans. Our teams will then face other school teams in the region early in March with our sights set on competing in the national final in London during term 6.

Anyone who would like to participate and becoming a Reading Champion quiz team member, please come to the LRC and register your interest!





BFS SPORT



MISS SLATER

Last term was absolutely fantastic for our students at BFS as they took part in Netball, Rugby, Swimming, Basketball and Cross-Country fixtures from September to December, gracing all types of weather and getting stuck in, week in and week out!

The PE team travelled with students to various parts of the country so they could participate in National Fixtures, giving all students an opportunity to take part in competitive sport!

Well Done!

We are proud as a team to offer our students festivals, local league and national league competitions at BFS, allowing all students who choose to attend our clubs to really embrace the sporting community here and feel ambitious in what they can achieve. Providing all students with the opportunity to compete at different levels, should they wish, is a value that is very important to all staff in PE!



This term, we move into our Football, Basketball and Hockey season (for the most) at BFS for fixtures, however, we are still offering an array of clubs for students to attend across the year groups:

Monday



Trampolining (Year 7 and 8)
Boys Football (Year 7)
Cross-Country
Girls Rugby (Year 9-11)



Wednesday

Football (Year 8-11 Boys and Year 9-11 Girls)
KS3 Cricket
Hockey



Thursday

Dance Club (Year 8-10)
Girls Football (Year 7 and 8)
Basketball (Year 9-11)



We are also super excited this term to be launching our Active Lives Ambassadors' program and our Sports Leaders' program. Students across Year 8 and 9 interviewed at the start of the year to be a part of these opportunities and both Miss Slater and Ms Urch are super excited to work with such a fabulous bunch of students who want to showcase their own leadership using physical activity and sport as an avenue. So, keep your eyes peeled for what they get up to in the coming weeks, terms and the rest of the year!



This year we have also launched a new curriculum for Key stage 3 PE at BFS. All students across Year 7-9 are actively learning through our Healthy ME in PE curriculum. This curriculum provides a holistic approach to students' learning, where they use physical skills as a tool to develop their social, cognitive and creative skills. This term, students across these year groups will be rotating onto their next unit within this curriculum model, of which could be either, net and wall, invasion or aesthetics. We are looking forward to seeing the students grow in not only their practical abilities but their knowledge and understanding across their new unit.



MISS NORTON

BFS SIXTH FORM



YEAR 12 PASTORAL DAY

On Wednesday, Year 12 had their first pastoral day; all normal lessons were replaced by a variety of different sessions run by external speakers. This is as part of our commitment to develop the whole person in addition to supporting students' academic excellence.

We welcomed staff from the Widening Participation Team at the University of the West of England who ran sessions about the pathways available to students at 18 including higher education, apprenticeships, employment and gap years as well as how to develop and evidence the skills that employers look for including considering how interview processes work.



We also had volunteers from the group Sexpression who are medicine students at the University of Bristol; they ran sessions on both consent and contraception. Jo Mallinson from the BE Project ran a workshop about drugs and alcohol which talked through risks as well as minimising harm.

Finally, Sara Dillon from the Hollie Gazzard Trust spoke to our students on the topic of Coercive Controlling Behaviour; the trust was set up after the murder of Hollie Gazzard in Gloucester 10 years ago at the hands of her ex-partner.



Students learnt about the signs to look out for and the effects on the victim of being in a coercive controlling relationship. Year 12 engaged really well in all of the sessions and dealt with the challenging topics with maturity. Well done Year 12 and a huge thank you to all of the speakers for coming in.



**“THIS MORNING, HE
HAD A STOMACH
ACHE... BUT LOOK
AT HIM NOW!”**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government

Search NHS school illness guidance to find out more.

