

What has been happening in...

design tech?

Years 7 - 9 Design Technology

It has been fantastic to get to know the new Year 7 DT groups and welcome back the Year 8 and 9 students. KS3 are about to conclude their first rotation which will have been either Food, Textiles, Product Design, Graphics/Engineering or CAD CAM. After half term, all groups will swap to their next specialism.



MRS CORRIGAN



Years 7 - 9 Food

This week was cake week in KS3 Food with Year 7 making oat cookies, Year 8 making Dutch apple cake, and Year 9 making Victoria sponge cakes. Students focused on techniques like creaming, folding, and achieving the perfect light and airy texture.

MS CARTER

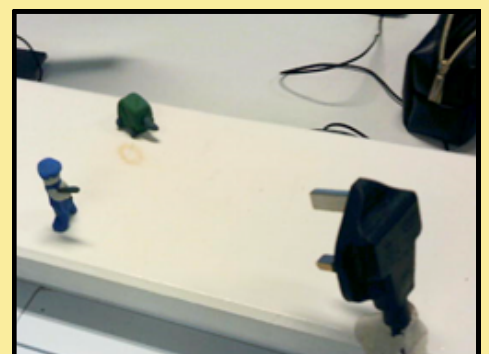


Year 7 Creative Media

Students have been exploring photography by capturing the environment of the School and using the irreverent style of Slinkachu. Many of the students have got a flair for seeing a great photo!



MR LAXON

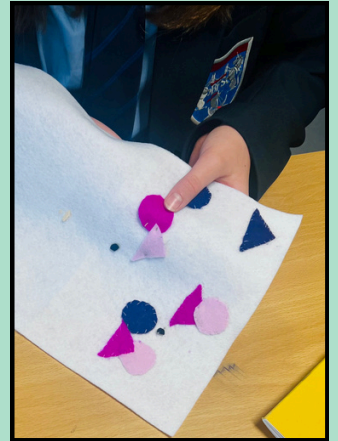
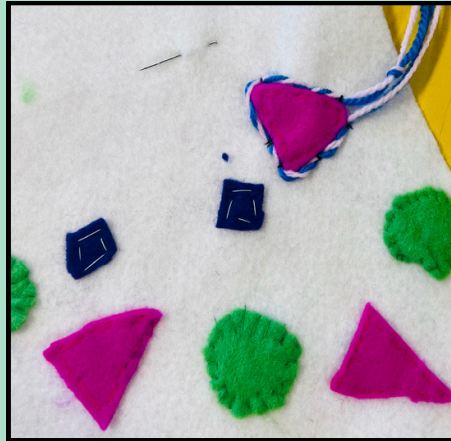
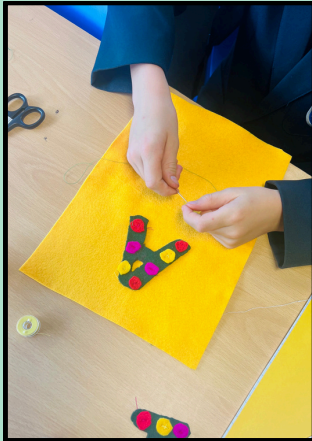




MS REEVE

Year 7 - 9 Textiles

Year 7 students began by looking into the Memphis art movement where they learned about its origin, influences and how and why it came about. Then, using this fun and bold style as inspiration, they create their own felt cushion. Here they focus on, learn, and develop their hand sewing skills including applique and couching.



In **Year 8** textiles we have been focusing on the textiles key term 'resist dye'. We have explored a range of different textiles techniques which encompass this principle, such as Batik, tie-dye and screen printing. Using these samples and their new sewing machine skills, students have independently created a patchwork drawstring bag. This is a fun and busy project with lots of different things going on!



Year 9 students have been building upon all their design and practical knowledge, to create their own bucket hats. New key skills are introduced such as pattern cutting, lay plans and the importance of anthropometric data when designing products. Students are also asked to think deeply about the social and environmental impact of fashion, specifically looking at the impact of fast fashion.



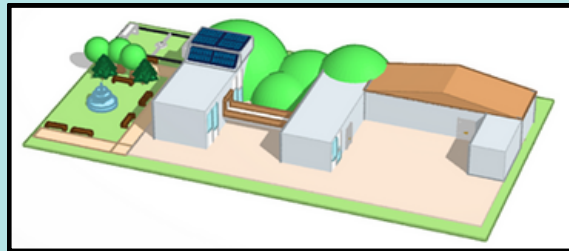
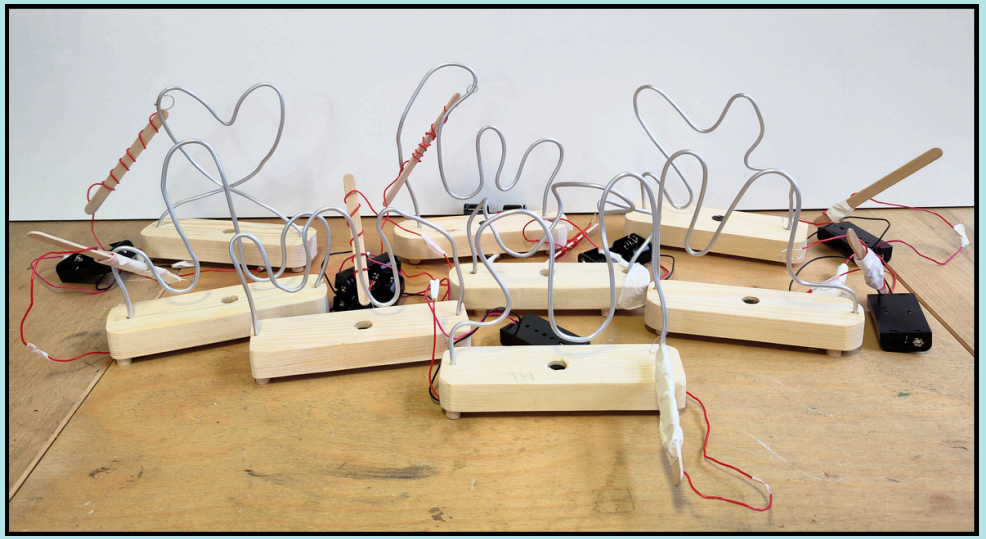
Year 9 Electronics

Students have just completed their first project in which they had to solder together components to create a working electrical circuit. They then drilled, shaped and finished a piece of timber that formed the base of their steady



MRS GORDON

hand game. A very simple product, but needless to say, the classroom was buzzing at the end!

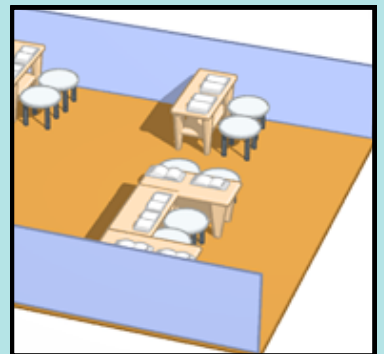
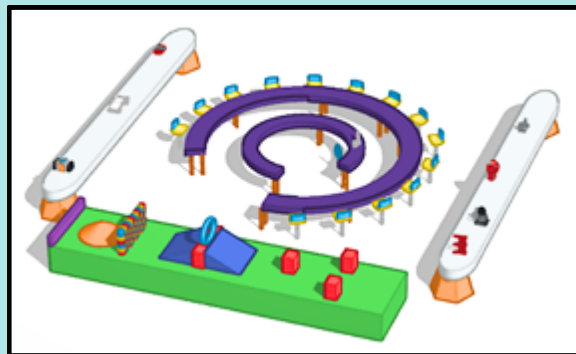


Year 9 Computer Aided Design

Students have been using ICT to design their ultimate eco-school. The students have worked really hard and have considered lots of important aspects of both sustainability and good education.



MR LAXON



Year 9 Product Design

Students have been designing and manufacturing candlestick holders. The standard of manufacturing and safe working practices has been exceptional!



Year 10 Food

Year 10 have been celebrating Black History Month through food! October gives us the opportunity to further delve into the history of food with greater appreciation. This year, to celebrate Black History Month, students researched chefs and cuisines before cooking their own choice of dish. The focus was to find the narrative behind their chosen recipe. Students chose to celebrate a range of cuisines including dishes from Jamaica, Nigeria and South Africa. Inspirational figures chosen included Andi Oliver, Wilfred Emmanuel-Jones and Ainsley Harriot.



MRS CORRIGAN



Year 10 Product Design

Students have completed a mini-make project this term with a material and manufacturing focus. Students had to use polymers to prototype, test and then make a mobile phone stand.



Year 10 Textiles

Students have completed another mini-make project in textiles this term by following a set of instructions to create a pencil wrap. Some students decided to create pouches and even a bumbag was made!



MRS GORDON



NOTICES AND EVENTS



KEY DATES

Monday 21 October

Y7 (TG1, 2 & 3) Team Building Day at Clifton College

Tuesday 22 October

Y8 (Selected Students) University of Bristol Life Sciences Open Day

Wednesday 23 October

Y13 A Level History, Politics and Sociology Trip to London
Y7-9 House Spelling Bee Final (11.50am DG01)

Thursday 24 October

Sixth Form Open Evening 4.30-7.30pm

Friday 25 October

INSET Day - School Closed to all Students

QUICK LINKS

[Lunch Menu](#)
[Extra-Curricular Clubs](#)
[Term Dates](#)
[Student/Parent Handbook](#)
[Past Newsletters](#)

SCHOOL NURSE



The School Nurse is available to students during Tuesday lunch time in Room CG05. There is no need to make an appointment, just drop in!

LATE ARRIVALS

Students are expected to arrive at school at 8.25am, to be in tutor groups for 8.30am. Those arriving between 8.30am and 9am will be given a late mark and a detention.

REMEMBRANCE DAY

We will be holding our Remembrance Day event on Monday 11 November at 11am. We are looking for parents/carers, or people from the wider community, to help support this important event.

Can you help with the Last Post ceremony?

Can you play the bugle?

Do you play the bagpipes?

Please email admin@bristolfreeschool.org.uk if you can help. Thank you.



MENU CHANGE

Thursday 24 October we will be serving Friday's menu of Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

We are
HIRING

[Teaching Assistant](#)

DR BIKE

Thank you to Rhys from Holy Spokes for coming to BFS this week to carry out safety checks on student and staff bikes as part of Bristol City Council's Dr Bike scheme.



POPPY APPEAL 2024

A range of products will be on sale at BFS from next week (Monday 21 October). They can either be bought from Student Services at break/lunch times, or Head Students will visit tutor periods next week and the first week back after the half term break. All proceeds go to the Royal British Legion. Students will need cash to purchase an item (£2 recommended donations).



PENALTY NOTICES AND PROSECUTIONS

As a school, we work with Bristol City Council to issue PCN fines and prosecutions to parents whose children have unauthorised absences. Unauthorised absences can include instances such as: late after the register closed marks, no reason supplied by parent for absence, unauthorised term-time holidays and school refusal.

A Penalty Notice can be issued for unauthorised absences once there are a minimum of 10 session (5 days) within a 10-week period. The Penalty Notice can be issued per parent, per child. The Penalty Notice amount is £160 if paid within 28 days. However, this will be reduced to £80 if paid within 21 days.

For a second Penalty Notice issued within a 3-year rolling period to the same parent in respect of the same child, the Penalty Notice is £160 if paid within 28 days. There is no option for this second offence to be reduced to the lower rate of £80.

If a Penalty Notice remains unpaid after 28 days, then the parent may be prosecuted for failing to secure regular school attendance.

A third Penalty Notice cannot be issued to the same parent for the same child within a 3-year rolling period. Should the parent continue to incur further unauthorised absences then alternative action will be considered, which could include a prosecution for failing to secure regular school attendance.

Please note that parents who repeatedly take unauthorised absences below the threshold of 5 days will also be considered for penalty notices. Further details can be found at: [School attendance and absence: Legal action to enforce school attendance](#)

85% attendance



is like trying to win at rugby sevens with only six players

Studybugs 

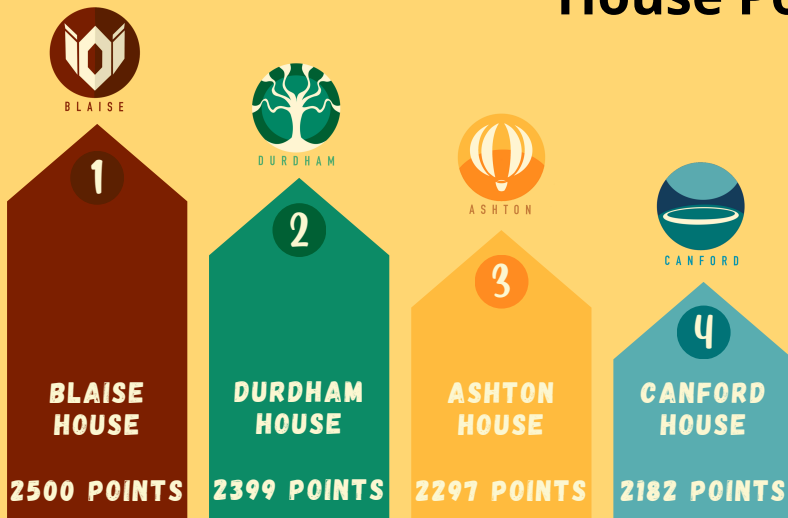
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HOUSE NEWS



House Points



Blaise are back at the top this week, closely followed by Durdham, Ashton and Canford.

With only one week to go until the end of term, all Houses are in with a chance of being named Term 1 House Champions!

An impressive 54,475 House points have been awarded so far this term!

#BFSCommunity

Top House Point Earners

Congratulations to our top House point earners this week!

	Ashton	Blaise	Canford	Durdham
Year 7	Leila P	Carmen	Ivy	Tom F & Ada-Sophia
Year 8	Lilia	Max G	Joshua	Adam
Year 9	Elsa	Muhammad-Fadel	Frank	Esther
Year 10	Heidi & Issy	Fiona	Chloe D	Andrés
Year 11	Isla W	Mia S	Awura, Jennifer, Bella	Olivia
Year 12	Daisy R	Amelie & Lorraine	Grace F & Tawfiq	Mila D, Hau & Jasmine
Year 13	Alp	Ellie	Paris	Elen

Book Review Challenge

We are asking students from all year groups to complete a book review to be featured in the newsletter.

What? A book review of a recent book you enjoyed.

How long? 200 - 250 words.

How to submit? Email or hand it in to Miss McMurdo, DG08.

Why? Miss McMurdo is choosing submissions to go in the newsletter, and you will get 5 house points for handing it in (10 house points if it is chosen to be in the newsletter). It is also a great way to share book recommendations!

We look forward to reading your reviews!



Black History Month Competition







RECLAIMING NARRATIVES

To enter this competition, research one of the people that has been assigned to your House (below) or the story of someone you personally know.

You can write an essay, poem or create a piece of art. In no more than one side of A4, explain:

- What is special about their story?
- Why are they inspiring to you?

Entries should be handed in/mailed to Mr Dignan by Monday 4 November. House points for all entries and special prizes for the best entry from each House.

Ashton	Blaise	Canford	Durdham
			
James Peters (rugby player) More Information	Ignacius Sancho (writer, abolitionist) More Information	Dr Shirley Jackson (physicist) More Information	Lord Kitchener (musician) More Information
Matthew Henson (explorer) More Information	Barbara Walker (artist) More Information	Lapido Solanke (activist) More Information	Harriet Tubman (abolitionist) More Information
Diane Abbott (politician) More Information	Otis Boykin (inventor) More Information	Walter Tull (footballer) More Information	Bayard Rustin (civil rights activist) More Information

Christmas Card Competition



BFS is looking for a Christmas card design. Something that will get us all in the Christmas spirit, which will fill everyone's heart with sparkle, fun and joy.

We need you to design a Christmas card with anything you want on it. Holly, presents, snowflakes, you decide - just no glitter, sorry!

Write your name, tutor group and House clearly on the back and hand it in to the Art Department before Friday 8 November.

All entries will get House points.



House Parliament

It was wonderful to see our first House Parliament up and running this morning. Students came together from across the year groups, really showcasing our core value of Community. Discussions ranged from what they would like to achieve this year, to which senior staff they would like to interview. I am really excited to work with all students involved this year.



MR MACBLAIN



Year 10 Mentoring



At BFS we pride ourselves on being a community and supporting one another across the school which is why it's one of our BFS promises. Every Wednesday and Thursday, Year 10s are mentoring Year 7 students in core subjects and MFL. The Year 10s are demonstrating their leadership skills by taking up the opportunity to be an academic mentor. They are supporting, encouraging and teaching the younger students which is no doubt having a huge impact on the Year 7s confidence and understanding in their lessons. It was a lovely atmosphere and a delight to watch the interaction between them and witness all of the learning happening. I think you will all agree that Year 10 are showcasing their incredible people skills, subject knowledge and the BFS values of ambition, community and opportunity.

New Extra-Curricular Clubs!

Choir and orchestra clubs will start in Term 2. Please come along to find out more!



MS KENNARD

Choir

When: Red Mondays
Room: DG31
Time: 3pm - 4pm
For any year group
No sign up required



Orchestra / Band

When: Thursdays
Room: DG31
Time: 3pm - 4pm
For any year group
Sign up with Ms Kennard



BFS Fund

Staff and Governors at BFS are determined to ensure that every student at our school has access to an enriched education with inspiring curricular, and extra-curricular, opportunities. Through our [BFS Promise](#), we offer a huge range of additional opportunities for all our students as they progress through the School.

Funding in schools has been under increasing pressure for several years now and we work tirelessly to provide the best possible experiences for your children. It is increasingly challenging to continue to deliver, and improve on, the additional experiences and opportunities we offer.

With this in mind, we have launched the BFS Fund to help us provide some of those extras that make all the difference to school life that we otherwise may not be able to afford. The BFS Fund will go towards improving our school environment and sustaining our wide range of extra-curricular and enrichment activities.



Initiatives include:

- Improvement of social spaces such as landscaping, outdoor furniture and equipment for social times
- Grounds development projects such as sports spaces and outside environmental classroom/garden
- Collapsed curriculum days and visiting agencies
- Special visitors/speakers/authors, including Shine Sports Coaches running recreational football, netball and basketball sessions during lunchtimes
- Performing arts workshops and visiting theatre groups
- Additional/specialist arts, crafts and technology materials
- Resources for extra-curricular clubs and activities such as gardening club
- Science, technology, engineering & maths (STEM) activities

What do we ask parents to contribute?

We suggest £10 a month as a voluntary contribution but if you would like to pay more (or less), we are very happy to receive any amount that parents can afford and think is appropriate. We are also very pleased to receive one-off donations. Any donation will be much appreciated and will make a difference.

How to Donate

Please use our [JustGiving webpage](#). We can then claim Gift Aid on most of the donations which will boost the value.

Donating through your Employer

Many businesses operate a corporate giving scheme to show commitment to their employees and communities. Your employer may offer [matched giving](#), which would mean that we would then benefit from your donation and a top up from your employer, which can be tax effective for them, so please check, if applicable.

We fully understand that there are significant financial demands on families so we thank you in advance for whatever support you can offer to BFS. It will make a huge difference in many ways to all our students.



Thank you

Black History Month



This week Mr East spoke to all year groups about the powerful contribution, made by Black communities to British history, that has at times been forgotten and overlooked – the theme of BHM is **Forgotten Narratives**. Students heard examples of Black leaders in all walks of life who have made significant contributions towards British life including Malorie Blackman, Walter Tull and Steve McQueen.

What is Black History Month?

- The event began in the US in the 1920s
- First celebrated in the UK in 1987
- It takes place every October
- It is an opportunity to share, celebrate and understand Black heritage and culture
- 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



Other examples this week have included Mr Dignan's competition calling for students to put forward a reclaimed narrative (a national or personal account) which runs until 4 November, the Dining Hall is providing more examples of Caribbean cuisine with its Jamaican jerk chicken next week, and the DT department has been displaying the culinary influences of black chefs and recipes researched by Year 10.

BLACK HISTORY MONTH



Year 9 Semi-Finals

This week saw the last of the House Spelling Bee semi-finals and Year 9s time to shine! Once again, it was a hard-fought contest, with silent letters, words derived from other language and lots of double letters. The head-to-head saw Mairead, Druvika and Emily C battle for the title of best speller.



Well done to Emily C who ultimately claimed the victory. She will now face Maddie from Year 7 and Krystal from Year 8 to decide the ultimate winner!





Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



SCIENCE



Biology House Competition - Results

Thank you to everyone who entered the Biology Competition. We had some fantastic entries and wish you all luck in the national competition!



Gold Tier - 20 House Points

- Nabeeha - 7TG2
- Carmen - 7TG2
- Willoughby - 7TG7
- Leila - 7TG7
- Chloe - 10TG1



WELL DONE!

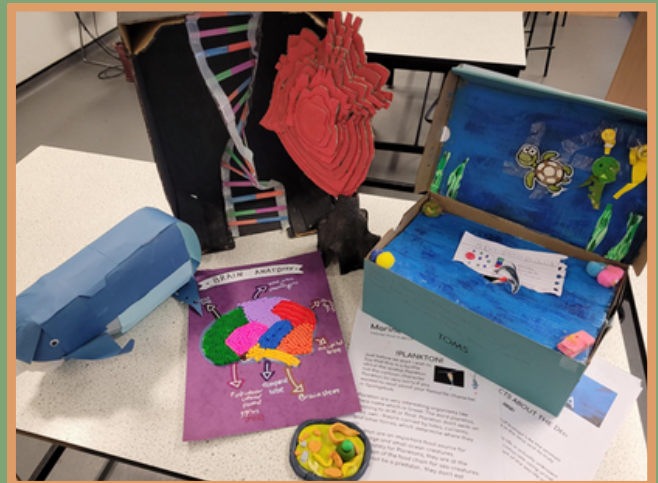
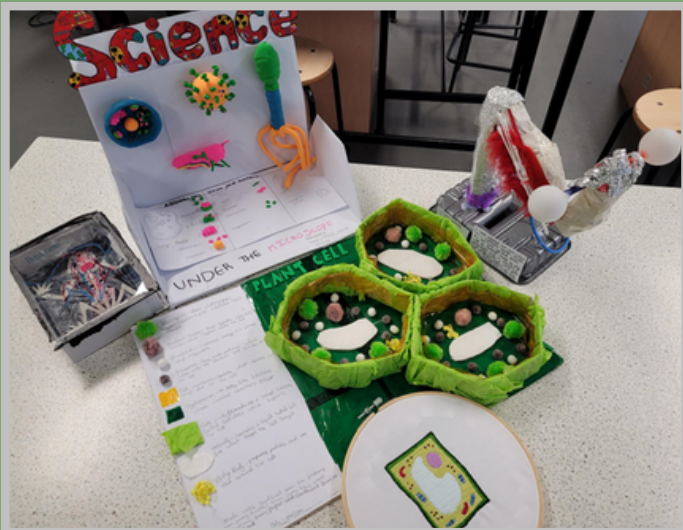
Silver Tier - 15 House Points

- Mia - 7TG2
- Sophie, Ivy, Izzy - 7TG3
- Hazel - 7TG7
- Ellie-May - 7TG7
- Lilia - 8TG1



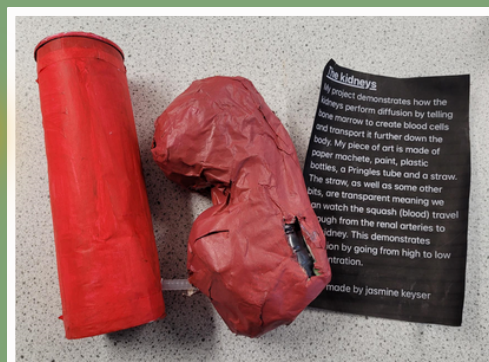
Bronze Tier - 10 House Points

- Nicholas - 7TG3
- Gracie, Abi, Rosie - 7TG3
- Reuben - 7TG5
- Tom - 7TG6
- Elsa - 9TG4
- Nina - 10TG7



Sixth Former Choice Award

Jasmine - 9TG6
(Selected by
Year 13 Biologists)



Good Luck

Year 12 Physics, Chemistry and Computer Science Trip to Geneva

Nearly a year after our last visit to Geneva, 34 students from Year 12, plus Mr Innes, Mr Lally and Ms Board met at Bristol Airport to go on an adventure to Switzerland! Our flight was easy and quick, arriving in time for dinner at the hostel and time to explore the areas around Lake Geneva.

Presented with an excellent continental breakfast, we made the most of the croissants to fuel us for our trip to CERN. It was the first time on a tram for most of our students which provided a lot of excitement! Noticing the many flags from all the countries who contribute to the experiment and the huge artwork installations at the front of the building, we made time for a group photo to mark the occasion before heading off into France to tour the CMS (Compact Muon Solenoid) experiment. Everyone met their guides and embarked on a behind the scenes visit (complete with hard hats and hairnets), making sure to take in all the information and more photo opportunities! After a few hours it was time for lunch in the CERN restaurant and then off to enjoy the new interactive exhibits at the Science Gateway. Packing even more in to Wednesday, we went out for a traditional Swiss fondue night at Restaurant Edelweiss, complete with accordion, talerschwingen and alphorn.

Playing tourist was the main aim for Thursday, heading off first to the Maison Tavel, a museum of Genevan treasures dating as far back as the 16th century. Learning about the history of the city was super interesting and fun! Eating and drinking were next, with most of us opting to try out the local cafes and restaurants, but some students were really keen to check out which Swiss additions there were on the McDonalds menu for a more familiar experience. Leaving the centre of the old town, we headed over to the Museum of Art and History to see a mix of modern and classical pieces before walking back down to the lake to take a peaceful cruise and to get an up-close view of the iconic Jet d'Eau. Impressive vistas wowed us all and we were sad to disembark on to dry land. Feeling like we needed a fun end to the day, we headed off on the tram to bowl the night away with almost everyone getting a strike!



#BFSCommunity

#BFSOpportunity

#BFSAmbition



Eventually we knew we would have to head home, but not until we had visited the United Nations for a tour. All of us were excited to see what goes on in one of the most renowned organisations in the world and after splitting into two groups, we visited huge meeting rooms, listened to debates in action and heard about the history of the UN. Noticing the peacocks in the gardens, we went on a tour of the gardens and learned about the history of the many art installations. Architecture was not forgotten, as we learned how the design was chosen from competition entries and inspiration drawn from over nine different finalists.



Lastly, we headed for lunch, with time to look around the botanic gardens and the Museum of Science. After we had seen many of the notable science and technology inventions from recent history, we headed off to collect our luggage. We embarked on a journey on a double decker train to the airport and made it through security. Although there was a bit of a wait while our flight was delayed, we invested the last of our holiday money in Toblerones and souvenirs before heading to the gate to fly home to Bristol! Staying awake proved a challenge for many, but when we touched down, everyone was excited to greet their families and tell them all about the trip. Such a great time was had by both staff and students, we cannot wait to visit again next year!





MISS MCMURDO

ENGLISH

BOOK
Review

***The Wolf Wilder* by Katherine Rundell**

Review by Mia, Year 7

Have you ever wanted to ride wolves through the snowy forests of Russia?

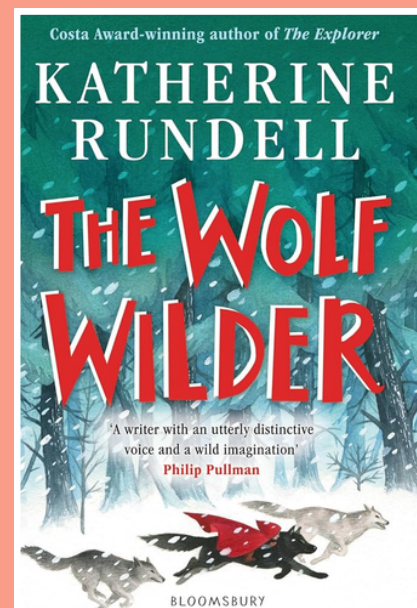
The Wolf Wilder is a fantastic book that anyone aged 10 and above would find a thrill to read. You will be transported back 100 years to the scene of the Russian Revolution and will find out what a young girl and a family of wolves can do to save a nation.

When the Russian government demand that Feodora's mother kill the wolves she loves training, she refuses and is put behind bars by the Tsar's General, Rakov. Terrified, Feodora and her friend Ilya, an escaped soldier, flee and decide to take Fedora's wolves to St. Petersburg prison, where her mother is being held captive. The story follows the friends along their exhilarating journey to restore justice.

The book is also about the struggle between good and evil, democracy, unexpected friendships and the power of self-belief. Rundell challenges gender stereotypes, making her heroine a tough, stormy girl while her friend is a sensitive boy who loves to dance. This gives an important message to young readers that they can be whoever they want to be.

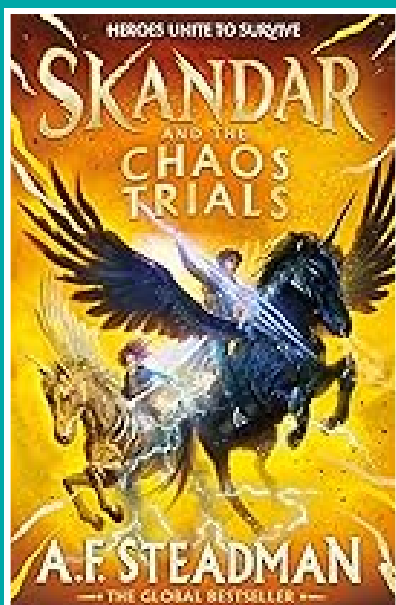
I recommend this book because I was captivated by the splendid, snowy landscapes and enchanted by the complex characters and their adorable wolf family. I enjoyed learning about the Russian revolution, and there were lots of funny anecdotes which made the topic light-hearted.

So, grab a copy and prepare yourself to dive into an epic, unforgettable adventure!



***Skandar and the Chaos Trials* by A.F Steadman**

Review by Cara, Year 8



Skandar and his unicorn, Scoundrel's Luck, are back at the Eyrie for their third year of training... and the Chaos Trials have begun. He and his friends had to survive four trials of each element: fire, air, earth and water to complete their set of elemental stones to train in the next year. Skandar's older sister, Kenna, had bonded to a wild unicorn called Goshawk's Fury which was a problem. This meant she was allied to all five elements so she would have five mutations, each getting more painful. Kenna's bond was forged, not destined, so Skandar tries to find Kenna's destined unicorn and Goshawk's destined rider. The Hatchery, where all the unicorn eggs are, is empty, and in the Chaos Trials, stones began to mysteriously disappear. Skandar and his friends must try to find out where the eggs and stones have gone and who is the culprit. It turns out to be someone seriously unexpected...

Reading this book made me tense and excited, and I had an urge to find out what would happen next. It was hard to put the book down! If you like the sound of sky battles, mysterious elemental magic and action books then this is for you! It will have your heart soaring. Read it!

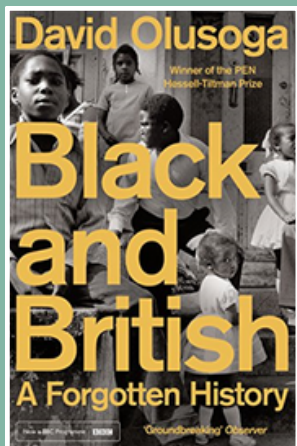


MS GRIFFITHS

LIBRARY & READING

Black History Month 2024

We continue to celebrate Black History Month in the School's Library and some fantastic titles are out on display for students to borrow and read. Here are three of the fascinating titles we have.



Black and British, A Forgotten History by David Olusoga.

This non-fiction book 'tells the rich and revealing story of the long relationship between the British Isles and the people of African and the Caribbean.' Starting at the time of Roman Britain, Olusoga uses research, records and testimony to trace Black British history through the ages. It is a comprehensive and compelling read.

Or get to the know the writing of Kwame Alexander. This multi-award winning author's 2022 published book, **The Door of No Return** is a beautiful historical fiction novel written in verse. Kwame Alexander says in his note to the reader that, 'It is a novel inspired by history, based on the real lives of the Asante people, who are native to a region of West Africa now known as Ghana. It was a hard story to write, but it was one that needed to be told.' This is a great story for all year groups.



Also a great read for all years is Yaba Badoe's **Lionheart Girl**. Yaba Badoe is Ghanian born and now living in England and her writing is inspired by, and infused with, tales of West African myth and magic. In **Lionheart Girl** we follow the story of Sheba who is born into a family of West African witches. Her mother can turn into a crow, and Sheba discovers she too can shapeshift.

These and many more exciting reads are ready to be borrowed and read from the Library.

What will you discover?

DROP EVERYTHING AND READ!

At BFS we are truly committed to the power of reading, so as part of our BFS Promise, we have carved out opportunities into our Key Stage 3 curriculum. This year we have introduced Drop Everything and Read (DEAR) - 20 minutes independent reading at the start of two lessons each week. As you can see, DEAR is off to a great start this term and the students are really enjoying getting stuck into a range of great books!



BFS SPORT

Year 9 Boys Rugby



#BFSCommunity



MR LANGEVELDT

Despite losing against Ashton Park, the Year 9 rugby team delivered a truly commendable performance. They demonstrated remarkable resilience and sportsmanship throughout the match. From the kick-off, it was clear that the team was focused and ready to compete, showing great determination in both defence and attack.

Year 10 Boys Rugby

What an exciting match! The Year 10 rugby team put on an impressive performance against Ashton Park, showcasing their skills and teamwork. From the start, they dominated the field, demonstrating excellent communication and strategy. The forwards worked tirelessly, securing possession and driving the ball forward, while the backs displayed fantastic speed and agility, making some brilliant runs. Great win - well done!

#BFSAmbition



UPCOMING FIXTURES

Monday 21 October	U14 & U15 Boys Rugby Cup	Mangotsfield School
Monday 21 October	Y7 & 8 Rugby vs Oasis and Blaise	Oasis Academy Brightstowe
Wednesday 23 October	Cross Country	Ashton Park School



***More fixtures coming
after half term!***



Hockey



MS URCH



It is great to see students enjoying indoor hockey every Wednesday after school. If you would like to join us, all you need are shinpads and a gum guard. We will provide you with an indoor stick. No experience required through to anyone that plays club hockey and would like to improve their skills for outdoor! If you would like any more information, please see Ms Urch in CF03.



Indoor Sports Hall Athletics Announcement!

We have two athletics competitions coming up after half term.

Year 9 and 10

Who: 5-8 girls and 5-8 boys - separate Year 9 and Year 10 teams!

When: Thursday 7 November

Where: Redland Green School

Timings: 4-6.30pm latest return

How: Sign up at the PE office if you are interested

Year 7 and 8

Who: 5-8 girls and 5-8 boys - separate Year 7 and Year 8 teams!

When: Wednesday 13 November

Where: Redland Green School

Timings: 4-6.30pm latest return

How: Sign up at the PE office if you are interested



Calling All Parents and Volunteers

Team PE want to expand their provision but we cannot do it without the help of volunteers. If you are able to come and help us, we would really appreciate the support so that we can run clubs all year long!



We put out a plea last year and were so grateful for the support of a parent who helped with football and cricket! This year, we need help with lower school rugby (specifically Year 10) - are you a Level 2 Coach? We also require a Level 1 Coach to help at basketball club.

Team PE will also require help and support after Christmas with football clubs (min. Level 1 Coach).

If you would like to help in any other sports, and have coaching qualifications, then please do get in contact.

Contact either Miss Slater or Mrs Ballard.

Sixth Form Open Evening

Thursday 24 October 4.30pm - 7.30pm

To sign up for this event and for further information please visit
www.bristolfreeschool.org.uk



We look forward to welcoming you

COMMUNITY AND ANNOUNCEMENTS

Help save our Community Athletics Track



Re-generation of Whitchurch Athletics Track will enable...

- **Grassroots Athletics Programme**
 - **School Holiday Youth Club Athletics Days**
 - **Safe & Accessible Space for Local Running Clubs**
 - **Positive Mental & Physical Health for everyone**
 - **Rehabilitation support for Hengrove Hospital**
 - **Learn to Ride a Bicycle**
- And much more!**

**For more information and to sign the petition
Please scan the QR code or visit;**

<https://www.change.org> – search "whitchurch athletics"



20% OFF

EVERYTHING* IN-STORE AT MONKHOUSE

**BE QUICK, OFFER LIVE
19/10/24 - 02/11/24**

*Offer not available on the Monkhouse website.



FOUNDATION Bristol Girls

What is it?

- Free 10-week Training Programme
- ECB Qualified Coaches
- Summer Matches

Who is it for?

- 12-16 Years Old
- State-Educated & Not Currently in County Pathway

When is it?

- Wednesdays: January-March
Clifton College, BS8 3QD
Girls U14s: 18:00-19:30
Girls U16s: 19:30-21:00

Please complete
the form to
register for
trials



Free support sessions



Join us for free information and support sessions covering a variety of topics both in person and online. Or pop along to a peers support session (children welcome!) to find hints and tips on how best to support your family. No diagnosis is needed to access these sessions.

PEER SUPPORT SESSION ONLINE


PEER TO PEER SUPPORT WITH BRISTOL PARENT CARERS.

JOIN US FOR A WARM AND WELCOMING ONLINE SUPPORT SESSION WITH PARENT CARERS.





Transport-Home to School Travel Rights

WITH BRISTOL PARENT CARERS AND GELDARDS SOLICITORS



Epilepsy Peer Support Session

WITH BRISTOL PARENT CARERS AND YOUNG EPILEPSY



An introduction to Makaton

WITH BRISTOL PARENT CARERS AND ALI PENNINGTON



Supporting your young carer

WITH BRISTOL PARENT CARERS AND CARERS SUPPORT CENTRE



Transition to adulthood - Financial Planning

WITH BRISTOL PARENT CARERS AND RHIANNON GOGH



How to be a strong advocate for your child

WITH BRISTOL PARENT CARERS AND LISA BAKER-MURRAY



Peer support sessions Greenway Centre & Inns Court



Bristol Parent Carers offer a range of free support sessions designed to support parents and carers of children with SEND.

It's easy to book - [click here!](#)