


# Newsletter



## Bristol Healthy Schools

### What's In This Issue?

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BFS is currently working with Bristol City Council on its application for the Healthy Schools Award. The award is an initiative designed to promote and improve the health and wellbeing of young people across Bristol. The program encourages schools to create environments that support healthy lifestyles and lifelong wellbeing.

The key areas of focus are typically:

1. Healthy eating
2. Physical activity
3. Emotional and mental wellbeing
4. Personal, social and health education (PSHE)
5. The school environment (including safety, mutual respect and behaviour)



MR EAST

Parents have already contributed towards this by completing the recent parental survey. In this, parents were asked for feedback on aspects of school life including sports, clubs, dining, safety and other areas. This feedback is being looked at closely and will be reported back on in more detail in a future communication, but it is also being used to evaluate areas of improvement for the Healthy Schools Award.



One area of recent success in working towards the award is that our catering providers, Impact Food Group (IFG), recently achieved the Bristol Eating Better Bronze Award. BFS and IFG recognise that there remain aspects of catering and nutrition where improvements can be made but, at the moment, we are the only secondary school in Bristol to have received this award which is a really positive start.

In other areas of school life, we have recently set up the Student Travel Ambassadors Scheme to look into sustainable and environmental travel to school, ongoing work into long term developments for the school site, as well as the ongoing review and addition of extra-curricular clubs and sporting opportunities.

**Fantastic!**



# NOTICE BOARD



[BFS Bristol](#)



[BFS Enrichment](#)

## NEXT WEEK AT BFS

### Tuesday 21 January

GCSE PE Athletics Moderation at Whitehall Athletics Track (12.45pm)

### Thursday 23 January

Year 9 - Options Fair: 5 - 6.30pm at BFS

Year 10 - BEP Student Leadership Training

## QUICK LINKS



[Lunch Menu](#)

[Extra-Curricular Clubs](#)

[Term Dates](#)

[Student/Parent Handbook](#)

[Past Newsletters](#)

## MONKHOUSE UNIFORM

Uniform suppliers, Monkhouse, are still in the process of moving their Stoke Gifford retail store to Kingswood. They hope to open the store in February half term however you can still visit their Bedminster store or order online. They are offering free delivery using the code **FREDELSTOKEG** and an extended 60 day returns period.



## WE'RE HIRING!

[DT Technician](#)

[Teacher of MFL](#)

[Teacher of Computer Science](#)

## MEDICAL APPOINTMENTS



Please book routine medical appointments outside school hours. For unavoidable medical appointments, please email evidence of the appointment, such as a text reminder or appointment letter to [admin@bristolfreeschool.org.uk](mailto:admin@bristolfreeschool.org.uk).

Students are expected to attend school before and after medical appointments. Students should be collected from and returned to the car park gate and need to sign in and out at Main Reception. Legal registers are taken at 8.30am and 1.20pm, so please have students in school at these times to minimise the impact of the appointment on their attendance record.

If your child has a minor illness and there are no immediate appointments at your GP surgery, there is a free NHS service where you can get access to healthcare advice at your local pharmacy. Please click on the link below for more details:

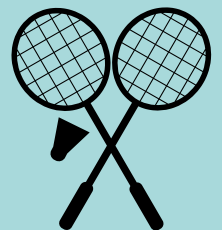
<https://www.england.nhs.uk/primary-care/pharmacy/pharmacy-services/pharmacy-first/>

## EXTRA-CURRICULAR CLUBS

This term we see that start of two new after school clubs run by our Sixth Form students.

### Badminton

All year groups  
Tuesday  
Sports Hall



### Philosophy Club

Years 9-13  
Thursday  
DG17

**Come along to find out more!**

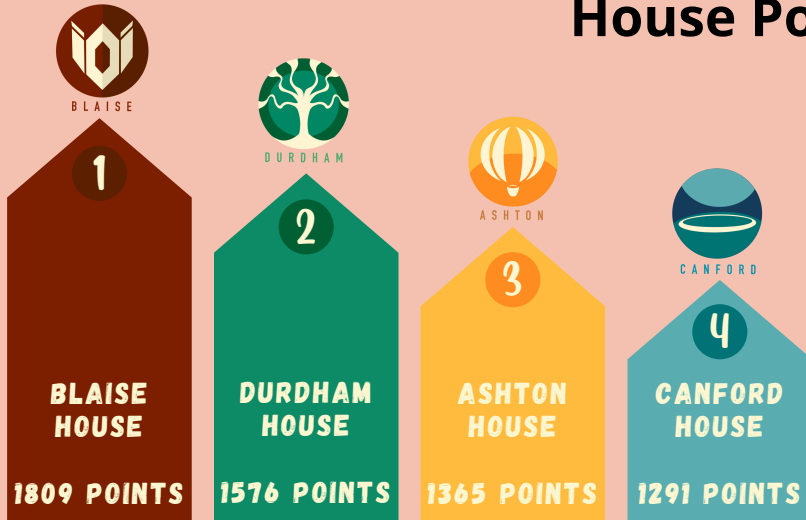


# HOUSE NEWS



## House Points

Congratulations to **Blaise** House for earning the most House points this week!



#BFSCommunity  
 #BFSOpportunity  
 #BFSAmbition

## Top House Point Earners

Congratulations to our top House point earners this week!

	Ashton	Blaise	Canford	Durdham
Year 7	Thomas H	Amelia F	Isabel C	Jack W
Year 8	Tiana M	Naomi H	Matthew S	Harrison H
Year 9	Mairead St, Angelin V	Elliot W	Jessica S	Polly T
Year 10	Chloë H	Sonny S	Chloe D	Alexander C, Niamh C
Year 11	Nicholas P	Molly D	Amal B	Joshua H

## BIG GARDEN BIRDWATCH

The RSPB's Big Garden Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers like you take part, helping to build a picture of how garden birds are faring.

Any student who participates will be rewarded with 5 House points!

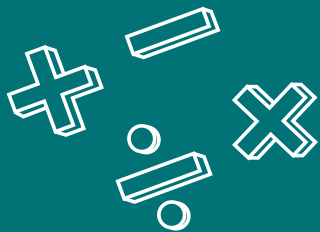
How to take part:

1. Sign up and get your free guide at [Big Garden Birdwatch](https://www.rspb.org.uk/birdwatch).
2. Spend an hour watching the birds between 24 and 26 January and record the birds that land.
3. Submit your results to the RSPB online or by post.
4. Email Miss Hawes ([j.hawes@bristolfreeschool.org.uk](mailto:j.hawes@bristolfreeschool.org.uk)) with a screenshot or copy of your results. Bonus House points available for photos of birds seen or you taking part!



What has been happening in...

# Maths?



## MATHS DEPARTMENT NEWS



MR BROWN

Greetings from the Maths Department in the first month of a new calendar year. I was pleased to receive a text just after midnight on New Year's Eve telling me that this year was in fact a square number (45 squared). How old will you be in the next square numbered year? Do you know anybody who remembered the last one? Speak to them about what life was like then. There is lots going on in the Maths Department and here is a flavour of it all...

The new year has seen a new member of the Department as well. Miss Rostill has joined us to lead Key Stage 5 as Deputy Head of Department. Here is a quick word from her:

“

*I am really excited to be joining such a thriving school community at BFS, I already feel like part of the team. The welcome, and amount of support offered by everyone, has been astounding. I am really excited to joining as Deputy Head of Maths, at a flourishing school with an ambitious, caring and progressive Mathematics department. In this role, I am leading on Key Stage 5 Mathematics and am aiming to develop our A Level curriculum and teaching skills even further to ensure a rich and aspiring curriculum. I am currently undertaking a Masters in Mathematics Education at Bristol University where I am focusing on A Level Mathematics Task Design and Pedagogy.*



MISS ROSTILL

Welcome!

”

## Branching Out



MR COUSINS

Having taught Maths for many years and previously been the Head of the Maths Department, the professional development organisation for maths (the NCETM) asked me last year to run one of their courses to train other teachers in how to teach Core Maths. The course is called *New to Teaching Core Maths* and is designed to support teachers in their first or second year of teaching the subject.

The *New to Teaching Core Maths Programme* I deliver takes place over three full days across the academic year. We host the programme on site at BFS and this year we have seen the largest ever numbers on the course. It includes teachers from across Bristol, North Somerset, South Gloucester, and even some participants travelling from Wales to be involved. I love sharing ideas, thinking deeply and discussing different teaching concepts with other teachers, and the feedback so far has been very positive.

On the course, we discuss concepts around representing statistical diagrams, misconceptions, critical analysis, Fermi estimation, making sense of finance, and contextualised problem solving, among other things.

It is an exciting thing to be involved with. It has really helped me think and reflect on my own practice, develop lots of the concepts within Core Maths, and I have loved trying different things out in the classroom with my own students.

Teachers teaching teachers!

## STAFF NEWS



# YEAR 7

In Year 7, we have been working on a project called the Average Year 7. As part of this project, we sent out an anonymous questionnaire to all students to collect various types of data, such as hair colour, height, minutes spent watching TV, and favourite TV shows. Once we gathered the data, we explored it as a class, discussing any outliers and how we could use the information to compile an 'average Year 7 student.'

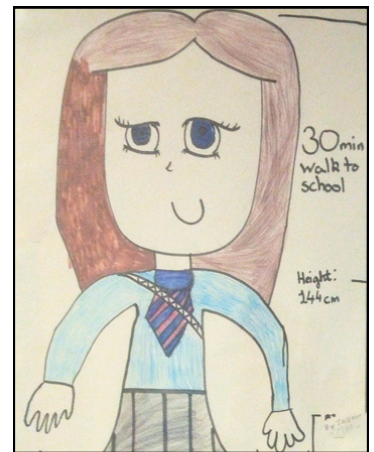
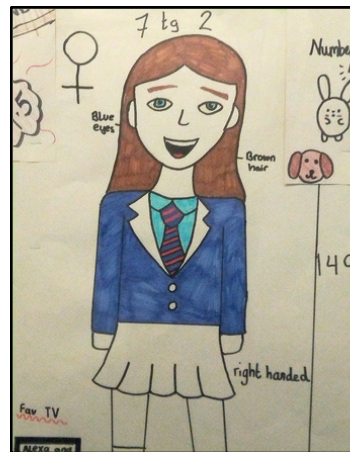
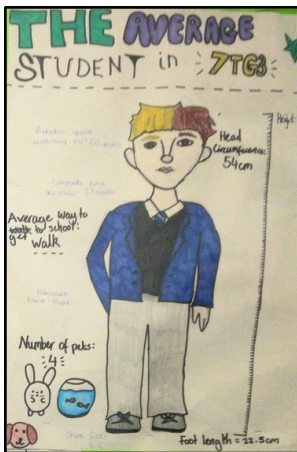


MS LALEYE MISS CONOLE

We split the class into pairs, each looking at the data from one of the tutor groups. Students were tasked with choosing the most appropriate average for each category. This led to some fascinating discussions. For example, we talked about why we could not use the mean for eye colour, and how certain data points might need to be excluded for accuracy.

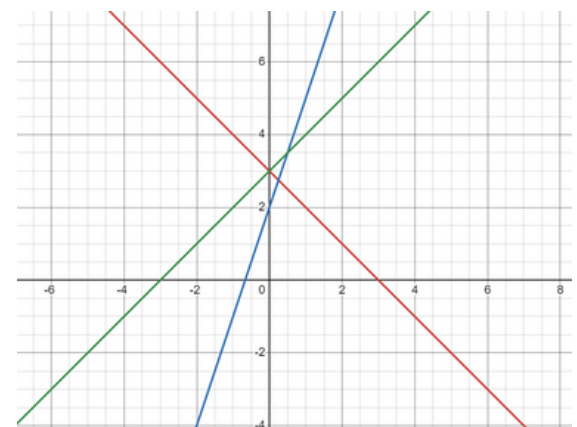
Each pair then calculated the averages for their assigned tutor group and created a drawing to visually represent the information. There were plenty of laughs as students tried to spot themselves in the data, pointing out some funny typos and errors along the way. They really enjoyed figuring out what was considered 'average' among their peers.

This project sparked engaging conversations about which types of averages are most useful for different kinds of data, and whether we thought the averages we calculated truly represented the Year 7 group. It was a fantastic way to get the students thinking critically about statistics and have some fun in the process! Here are pictures of the new display which you can now see in the maths corridor.



# YEAR 8

In Year 8 this term, we are investigating how equations and graphs are linked and deepening our understanding of this important part of Maths. We are learning about how to spot parallel and perpendicular graphs just by looking at their equations and how to make up equations whose graphs will have certain properties. Can you tell which of the following graphs represents the equation  $x + y = 3$ ?



**Can you tell?**

# YEAR 9

In Year 9, we have been looking again at how to perform arithmetic with fractions. However, we are not stopping there! The journey of understanding Maths through secondary school is all about moving from the specific to the general. This involves algebra and using algebra to describe patterns. So, instead of just having numbers in our fractions, we are now using letters to represent numbers and working with algebraic fractions, so that we can generalise the rules of adding, subtracting, multiplying and dividing fractions using algebra. Can you answer this question?

$$\frac{x + 5}{3} + \frac{3x}{5} = ???!!$$

## YEAR 10

Year 10 are going to be developing their understanding of transformations, changing what shapes look like and where they are situated. Some will start to look at using a matrix to do these changes, just like in the film! Students will be trying to get their head around what it means to enlarge a shape by a factor of  $-3$ . Also how come in Maths you can make an enlargement and the shape gets smaller? Although we are doing our transformations on paper and in books, students will be learning the basics of how computers are able to share information about very complex pictures through simple repeated transformations.

**Interesting!**

## YEAR 11

Year 11 are all focussed on revision and preparing for their mock exams just after half term and, in the longer term, for their summer exams. We have got a full programme of teaching where we are re-teaching some topics from mock 1 as well as finishing off the syllabus. All Year 11 students have a revision programme to focus their independent studies this term, guiding them to key topics each week. Check Bromcom if you have not already started this - it is never too late. Alongside this, teachers are running revision lessons every Wednesday after school which highlight the key points for that week's revision schedule. There were 72 students in period 7 this week! Well done!

It is so important to be working at home, so we are giving you exam papers to work through every week, with all Year 11 students receiving the same paper (either higher or foundation) each Monday. Parents can look out for these coming home - see how much you can still answer!

## SIXTH FORM

Year 12 have just finished their first set of exams and are now plunging deep into new Maths they have not seen before, developing their understanding of calculus and taking trigonometry to levels they could not imagine when they first met it in Year 9!

Year 13 are in between mocks now, with consolidation lessons each week to pick up on issues from the last exam and make sure that all the essential skills are being revised and learnt for the upcoming mocks and summer exams. Keep up the hard work!

## Maths Mentoring

This year we have continued our mentoring programme in Maths. We currently have almost 50 volunteers from Years 10, 12 and 13 who spend one tutor session a week helping younger students with their Maths. They work through topics from previous terms, providing much needed help and consolidation. We are incredibly lucky at BFS to have such hard-working and dedicated students who volunteer their own time to act as mentors, and students being mentored are already seeing the benefits.



**MR LUSTIG-  
BRUCE**

Thank you, mentors!!



## YEARS 10-13



Dr Frost is our main platform for delivering homework. We would like to celebrate our top users!

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Jake S	Emma F	Ben G	Ayesha F	Flora A	Catie C	Dexter H
Mia B-G	Leo F	Jasmine K	Bronwyn E	Macy H	Lauren E	Evie P
Charlie P	Owen T	Alice T	Amelia L	Edward C	DJ B	Antoine G
Barney P	Greg N	Florence B	Aslan P	Isabella D	Elsie C	Caspar G
Sophia B	Sophia C	Elsa J	Georgie D	Joe R	Thomas T	Max C

**Great Work!**

Well done for making the most of our online portal to revise maths and complete homework.

## Intermediate Maths Challenge

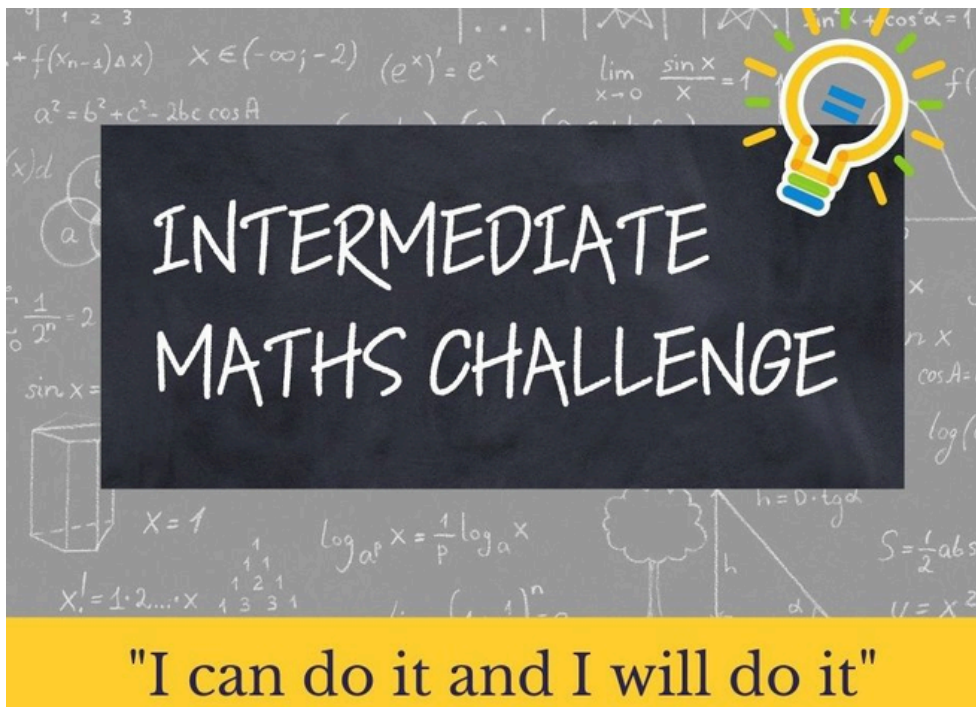
On Wednesday 29 January we will be partaking in the Intermediate Maths Challenge. This will involve Year 10 students taught by Mr King, Mr Soupionis and Mr Lustig-Bruce and Year 9 students taught by Mx Sweatman, Ms Laley and Mr Soupionis. They will be taking part in this national competition completing challenging maths puzzles and, hopefully, will be eligible to take part in the next round if they do well.



Students are looking at past papers now in some of their lessons to prepare. All the best Year 9 and Year 10.

Junior Maths Challenge for Year 7 and Year 8 will take place on Thursday 1 May this year.

*Good!  
Luck!*



## Pi Day



MR BROWN

Since I put up a display of the first 50 or so decimal places of pi in the maths corridor, it has been really pleasing to hear many of you reciting the digits of pi and singing the song as you are waiting for lessons.

Friday 14 March this year will once again see the pi reciting competition, open to all years. Will the record be broken this year?

Prizes for the most decimal places recited for each year and House points to all entrants.

**3.14159265358979323846264338327950288419716939  
937510582097494459230781640628620899862803482  
5342117067982148086513282306647093844609550.....**





MISS MCMURDO

# ENGLISH



## Author Visit

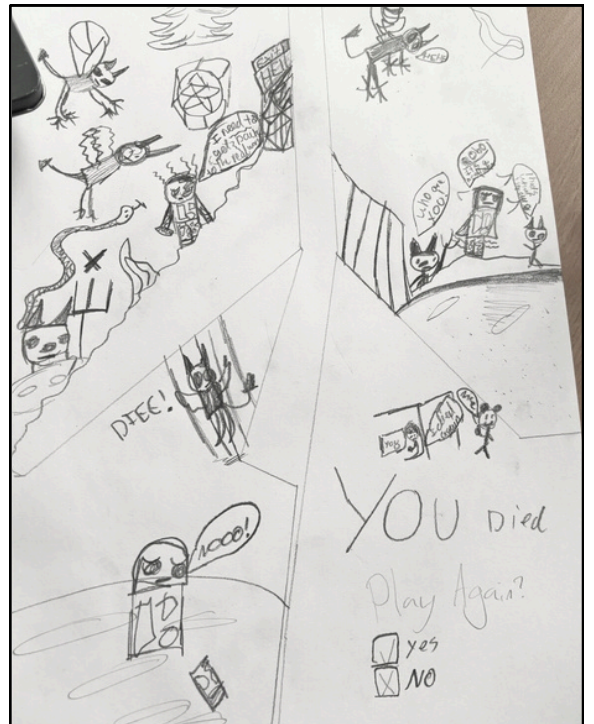
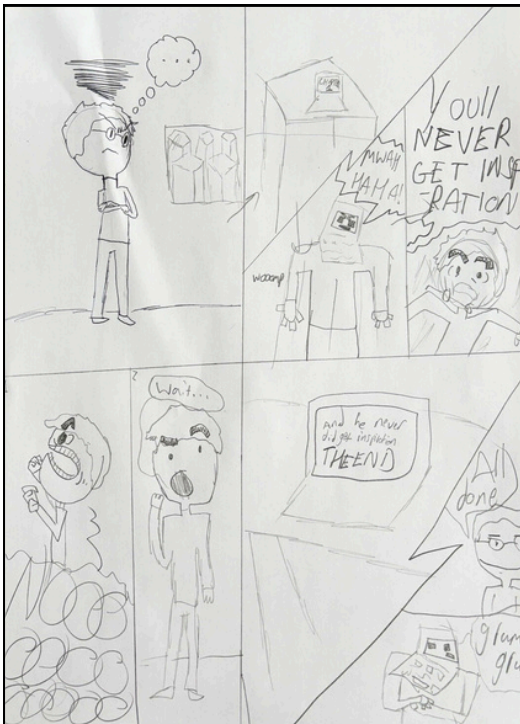
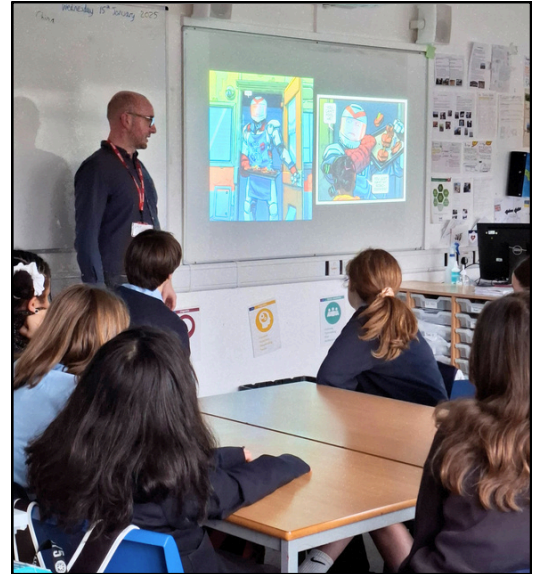
This week we had author Rob Williams and illustrator Pye Parr come in and deliver an interactive workshop to 30 Year 8 students where they discussed their graphic novel *Petrol Head*. This involved them explaining how they wrote and illustrated the graphic novel, as well as allowing the students an opportunity to do some writing and illustrating of their own. It is great to see the excitement around reading and the opportunity for students to look at different types of texts.

If you would like to preorder a signed copy of Rob and Pye's book, *Petrol Head*, please use this link: [Petrol Head Volume 1 \(Signed\) — PETROL HEAD](#)

Alternatively, email Miss McMurdo ([m.mcmurdo@bristolfreeschool.org.uk](mailto:m.mcmurdo@bristolfreeschool.org.uk)) to purchase through the School.



YEAR 8





**Code Name Verity by Elizabeth Wien**  
**Review by Amelia, Year 7**

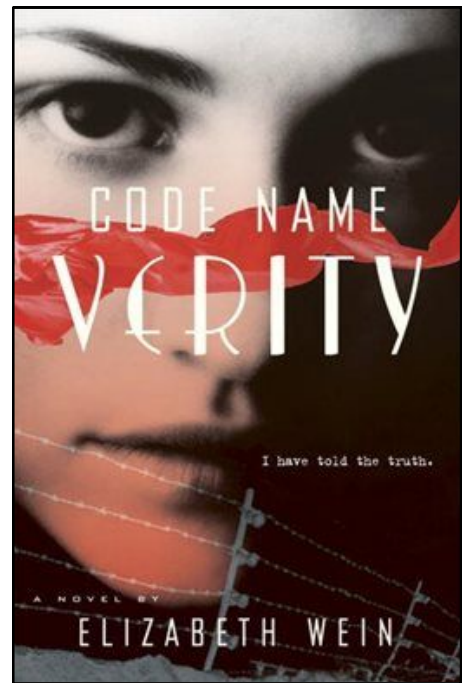
This is a heart-wrenching book that follows two women in World War 2. The story tells of how the two women become friends during the most perilous times. However, when they land in Nazi occupied France, one of them has a chance at survival - but for the other it's over before it's started.

To give you an idea of the severity of the content of the book, I quote the first line: 'I have two weeks. You'll shoot me at the end no matter what I do.'

Queenie has been taken hostage and has to write the story of how she got there and 11 sets of code. If extremely lucky, she will be sent, as a prisoner of war, to work at a camp for as long as she is able. I think you can guess what happens next...

On top of this, the French resistance attempts to help - but will they? Or will they just make things worse? At the end of this story, I was bawling my eyes out. Once you have read this novel you will remember it for life. I am not exaggerating. This book opens your eyes to how horrible and brutal conflict it. And it reminds you that in a war, both countries hands are caked in innocent blood.

- Read this book to: open your eyes.
- Read this book: so the unsung heroes will be sung.
- Read this book: to learn history's mistakes.
- Read this book: and you won't regret it because this story touches your very soul.



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

**MOMENTS MATTER, ATTENDANCE COUNTS.**

HM Government

Head to the NHS website to find out more.



# SIXTH FORM

## Pastoral Day

Yesterday, Year 12 students participated in their first pastoral day of their time in Sixth Form. This day offered them a break from their regular academic schedule and the chance to engage in a variety of informative sessions, mostly led by external experts and speakers.

We were pleased to welcome Kate Colechin and Pete Marlow from the University of the West of England, who led sessions on Post-18 options and how to develop a strong skill set for the future.

Ellie Anderssen from the Hollie Gazzard Trust facilitated a thought-provoking session on coercive control and abusive behaviours. Additionally, Kate Harvey from Ntruth delivered an important talk about the harmful effects of pornography.

BFS staff also ran sessions on sexual harassment, focusing on the importance of using appropriate language and how to challenge inappropriate behaviour. These sessions sparked valuable discussions on what is acceptable to say, what is not, and the importance of understanding context.

Students also had time to work independently on research to assist them in finding work experience placements and making informed decisions about their Post-18 plans.

It was a busy but incredibly valuable day for all students. They were highly engaged and the sessions provided meaningful learning experiences.





# Alumni Launch

We are excited to announce the launch of our official BFS Alumni LinkedIn groups! This platform is a fantastic way for former students to stay connected with each other, share career updates, and offer support to current students navigating their own journeys.

Whether you are at university, in an apprenticeship, or starting your career, the BFS Alumni LinkedIn group will help you network, find opportunities, and stay involved with your old school community. We encourage all our ex-students to join and be a part of this growing network, helping to shape the future of BFS by offering advice and guidance to the next generation.

If you studied at BFS or BFS Sixth Form, we would love for you to join the LinkedIn Alumni group for your graduating year. Just search "Bristol Free School Alumni" in Groups on LinkedIn.



# Alumni Event

On Thursday 19 December 2024, we had the pleasure of welcoming our most recent Year 13 leavers back to school to collect their A Level and BTEC Level 3 exam certificates. This was a special occasion that allowed former students to reconnect with their teachers and peers, reflect on their academic achievements, and celebrate their hard work over the past two years.

It was a heartwarming event, with many students sharing stories and catching up on their post-BFS journeys. Staff enjoyed hearing about how students are thriving in their university studies, apprenticeships, and new jobs.



We also want to continue supporting our leavers as they move forward in their careers and studies. To help stay connected, we encourage everyone to join our new LinkedIn alumni group, where students, teachers, and alumni can share updates, opportunities, and advice. We hope that one day they will be able and eager to support future generations of BFS students by contributing to our careers programme.

We wish all our Year 13 leavers continued success in their future endeavours and are proud to have been a part of their educational journey.

## Core PE



MS SLATER

All of Year 11 are expected to participate in core PE during their mock 2 period. No student will be allowed to attend the library or any other subject during the core PE lessons.

We actively keep the core PE lessons on the timetable to allow all students the chance to have a mental and physical release from revision and exams.

If you have an exam during core PE, of course, you do not need to bring your PE kit to school.

If you do not have an exam during the core PE lessons, you must have your kit and be ready to participate. Use this time to socialise with friends and enjoy some down time.

We will have various indoor and outdoor options for you to take part in during this 2-week period.

## Extra-Curricular Clubs



PE clubs run throughout the term - we do not cancel clubs. Please turn up every week and we will have staffed the club for you.

We have 48 teams to put into fixtures this term. Come to training to be selected for a team.

### UPCOMING FIXTURES

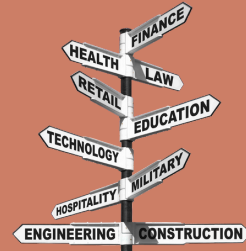
Monday 20 January	Post 16 Netball vs Cotham School	Cotham School
Monday 20 January	U14 & U16 Boys Basketball vs Fairfield High School	BFS
Tuesday 21 January	GCSE PE Athletics Moderation	Whitehall Athletics Track
Monday 27 January	U14 & U16 Boys Basketball vs Bristol Met	BFS
Monday 27 January	Y7 & Y10 Rugby vs Bristol Grammar School	Failand
Monday 27 January	U14 & U16 Girls Football vs Redland Green School	RGS Kellaway
Wednesday 29 January	U14 & U16 Boys Basketball vs St Mary Redcliffe and Temple School	BFS
Wednesday 29 January	U14 & U16 Girls Football vs St Bede's Catholic College	St Bede's Catholic College
Thursday 30 January	Y8 & Y9 Boys Football vs Cotham School	Shine Gold Hill Sports Ground
Monday 3 February	U16 Girls Football Finals	Gloucestershire FA
Wednesday 5 February	U12 Girls Football vs Orchard School	Orchard School
Wednesday 5 February	Y8 Boys Football vs Orchard School	Orchard School





MR BRUNKER

# CAREERS



## Connect With Us

Connect with us on LinkedIn! @Bristol Free School.  
Join in the conversation and help us if you can.  
**Work Experience Employer Talks Careers Day**



### WORK EXPERIENCE

#### Can you offer work experience?

Every July, our Year 12 students do three days' work experience with an employer in the local area. It is an important and exciting part of their personal development and can be instrumental in inspiring them to explore a particular career path. If you are a business-owner or work for an organisation who would be willing to host one or more of our students for work experience, we would love to hear from you.

Please get in touch by emailing [careers@bristolfreeschool.org.uk](mailto:careers@bristolfreeschool.org.uk).

Thank you!

### OPPORTUNITIES

#### Experience life at one of the world's biggest banks.

Book now for Lloyds Banking Group's Skillsfest at their campus in Harbourside. Designed for students and parents to look inside one of the UK's largest apprentice employers, explore career opportunities and try your hand at different next generation roles at Lloyds.

[Book tickets: Saturday 8 Feb 2025 at 10:00](#)

[Book tickets: Saturday 8 Feb 2025 at 14:00](#)

Book early as previous event sold out a few weeks beforehand.

#### Learn more about careers in the entertainment industry.

Join the Warner Bros. discovery evening on Tuesday 11 February at 6pm to find out about life as an apprentice at this global entertainment business. Hear from existing apprentices, discover the projects they have worked on, learn about the WB apprenticeship programme and how you could apply. [Register here.](#)

#### Construction Degree Apprenticeship Careers evening.

Discover more about the many different opportunities in the construction and development industry with Bowmer and Kirkland.

Monday 3 February, 5.30-7.30pm at Watershed Bristol. [Register here.](#)

### EMPLOYER TALKS

#### COMING UP...

**24 January:** NHS Practice Management

**31 January:** KPMG Accountancy

**7 February:** Engineering

**14 February:** Avon Fire and Rescue Service

**28 February:** Corporate Finance



### COLLEGE

#### THINKING ABOUT COLLEGE?

The next open day at City of Bristol College is on Saturday 18 January. There are only a few spaces still available: [register here.](#)

The next open day at SGS College is on Saturday 25 January. This looks like the last open day for 2025 candidates so be sure to [register](#) if you have not been to an open event yet.



A BFS SCHOOL PRODUCTION BY ARRANGEMENT  
WITH THE REALLY USEFUL GROUP LTD.

THE NEXT GENERATION

# SCHOOL *of* ROCK

THE MUSICAL

WEDNESDAY 29, THURSDAY 30 & FRIDAY 31  
JANUARY 2025

BASED ON THE PARAMOUNT MOVIE WRITTEN BY MIKE WHITE

MUSIC BY  
ANDREW LLOYD WEBBER

BOOK BY  
JULIAN FELLOWES

LYRICS BY  
GLENN SLATER