

# Newsletter

## Rosslyn Park National Schools Sevens

The world's largest school rugby tournament with over 800 teams competing annually.

### What's In This Issue?

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| <u>Notice Board</u>              | <u>PSHE</u>             |
| <u>House News</u>                | <u>Computer Science</u> |
| <u>Subject Update: Economics</u> | <u>Sports</u>           |
| <u>English</u>                   | <u>Sixth Form</u>       |
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A NOTE FROM MR EAST & MR HOWARD

Wow! What a fantastic and amazing experience for this group of young, talented rugby players at this year's Rosslyn Park National Schools Sevens Tournament. The Year 10 boys rugby team were playing in Group BBB after being called up with short notice from the reserve list. They were playing in the U16 competition while all being U15, but this did not stop the boys from putting in phenomenal performances.



MR HOWARD



MR EAST

We kicked off the tournament playing our first game against Birkenhead School. The team took a while to get going and went down by 28 points, however they managed to score 3 tries to come back to a 35-17 loss.



The second game took place against a very physical and strong Berkhamsted School side. The score was 10-10 at half time but the opposition played some very good rugby to win 10-50. The boys kept fighting and played their best rugby.

The last game saw the team pick themselves up and deliver one of the performances of the season against Ysgol Bryngwyn School. An amazing display of attacking rugby saw 5 tries being scored with a final score of 26-14 to BFS.

We are so proud of how the Year 10 boys rugby team have played all season long and to finish the season with this display at Rosslyn Park is truly remarkable.

The team have represented the school amazingly all year on and off the field. Well done lads.



# NOTICE BOARD



[BFS Bristol](#)



[BFS Enrichment](#)

## NEXT WEEK AT BFS

### Monday 31 March

Y12 HE+ Bristol Residential (6 students)  
Avon Schools Golf Competition (7 students)  
House Cupcake Challenge, 3-4pm in CG23

### Tuesday 1 April

Y12 HE+ Bristol Residential (6 students)  
No Clubs/Detentions due to Staff Meeting

### Wednesday 2 April

*Mia and the Fish* at Bristol Old Vic, 8.30pm

### Thursday 3 April

Final Celebration Assembly and House Awards

### Friday 4 April

Easter Charity Bake Sale, lunch time  
Ski Trip Departs (returning 12 April)  
Final Day of Term 4

## QUICK LINKS



[Lunch Menu](#)

[Extra-Curricular Clubs](#)

[Term Dates](#)

[Student/Parent Handbook](#)

[Past Newsletters](#)

## WE'RE HIRING

[Assistant Administration Manager](#)

[Medical and Wellbeing Officer](#)

[Design Technology Technician](#)

## PERIOD PRODUCTS

Free Period Products are available to those who need them. Just look for the **Pink Boxes** in the following locations:

- Student Services
- SEND Office
- Sixth Form Admin Office
- Mental Health & Safeguarding Room
- PE Changing Rooms
- Head of Year Offices
- Mrs Gardiner's Room
- Behaviour Office
- Behaviour Room
- Main Reception

## EID

With Eid approaching, please complete the [Absence Request Form](#). This form should be used for religious observances but please note that we can only authorise one day of absence per religious observance.

Please submit the form now.

## PENALTY NOTICES

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 closes, 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 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](#).



# HOUSE NEWS



## HOUSE POINTS



Well done to **Canford House** for earning the most House points this week!

**Well done Canford!**

## Top House Point Earners

Congratulations to our top House point earners this week!

|         | Ashton          | Blaise                      | Canford                  | Durdham                           |
|---------|-----------------|-----------------------------|--------------------------|-----------------------------------|
| Year 7  | Lottie W        | Alys L                      | Ivy L                    | Matilda H                         |
| Year 8  | Jemima H        | Tallulah P                  | Mary F, Cara S, Sophie V | Jack R                            |
| Year 9  | Sophie L        | Dylan I                     | Charlie S-R              | Ava W                             |
| Year 10 | Anastasia A     | Amelia L                    | Bronwyn E                | Emma A                            |
| Year 11 | Emlyn W         | Emran S, Esomba E           | Ellie J, Lewis G         | Edward C                          |
| Year 12 | Sam H, Oliver M | Finn C, James H, Lorraine H | Ranithu G, Yuet Yan T    | Patrick F                         |
| Year 13 | Finley W, Max C | Jude W                      | William W                | Kainat A, Jacob L, Joshua HKian B |

## PARLIAMENT

House Parliament were very fortunate to be able to welcome Meg and Sophie from St Peter's Hospice this week. Sophie began with a brief history about hospices and their inception, led by the work of Dame Cicely Saunders into the area of terminal care. She also told us that the first hospice in Bristol was opened in 1980, originally based in Knowle and supporting roughly 600 people a year. The hospice moved to Brentry in 1998 and, in 2018, managed to raise/secure funding of £6.5 million to develop the site and add an additional wing. The site now supports 3000 people a year and is the only one in the area. They also have 41 shops across the region too, with the most recent being a superstore in Portishead.

Sophie also told us that the hospice provides holistic care for end of life, emotional, psychological and physiological support in the form of art therapy, gardening, living well, moving well and sleeping well.

Students were surprised to hear that only 20% of funding for hospices comes from the NHS and all other funding has to be secured through voluntary contributions. Meg told House Parliament how they could spend any further money raised: £120 could purchase art supplies for the Art Therapy programme, £400 could support the Living Well programme, £500 could support the fatigue and breathlessness programme and £1500 could fund 20 Community Nurse appointments.

The £500 BFS students have raised and already donated has provided 6 appointments for community nurses and 6 advice line calls. Our chosen charities are so grateful for all the donations received.

This week, BFS have been raising money for our four charities through our annual Move a Mile event. Our chosen charities are:

- St Peter's Hospice
- North Bristol Foodbank
- The Grand Appeal (Bristol Children's Hospital)
- The Ranch Adventure Playground in Southmead



We have 1288 students at BFS all completing 1 mile (10 laps of the MUGA) which totals an amazing 12,880 laps! Many students even ran more than 10 laps – well done.



The event was incredibly successful. Thank you to everyone who has participated, encouraged others, and donated! We have raised over £2,200.



Thank you to the Head Students for helping throughout, and Ms Moran and Mr MacBlain for organising such a fantastic event!



What has been happening in...

# Economics?



YEAR 13

In Year 13, students are working hard preparing for their quickly approaching exams. They are diligent in their revision and exam practice, and setting themselves up to make the most of the opportunity that they have. Good luck Year 13!

**Your hard work will pay off!**



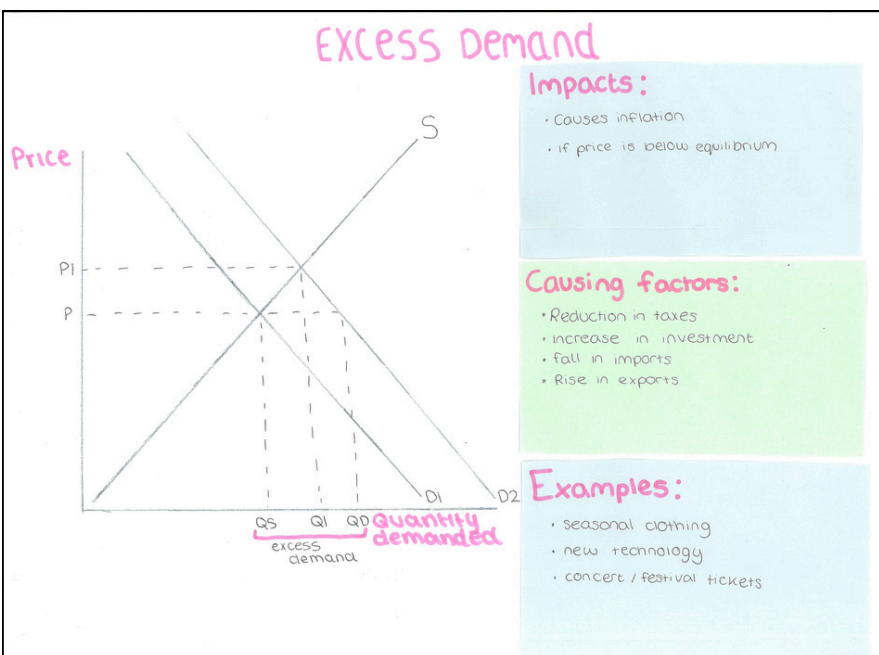
MR FEARON



MR EAST

YEAR 12

In Year 12, students have made an excellent start to Economics. In class, students have made some fantastic posters to help with their understanding of the economic diagrams used in A Level Economics. At home, they have been researching different firms and recent mergers and takeovers, to anchor their understanding to relevant, recent examples. Excellent work Year 12!



## THE LONG TAIL

### FACTORS:

1. New Consumers
2. Seasonal effects
3. Greater interest of niche products
4. Internet allowing easier globalisation

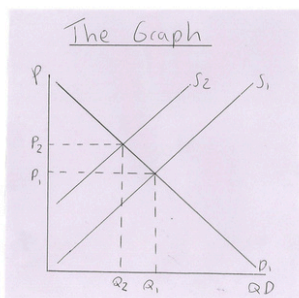
### IMPACTS:

1. Minority interests become available
2. Wider array of products
3. Business generate large profit from niche products

## Decreased Supply

### Factors

- Increase in production costs
  - Higher costs of raw materials, labour or energy can make production more expensive, leading to reduced supply.
- Government regulation
  - Stricter regulations, such as increased taxes, environmental restrictions, or labour laws, can increase production costs or limit the ability to produce goods, leading to a decrease in supply.
- Decrease in technology
  - If technological advancements that improve productivity are reversed or become obsolete, the cost of production may rise.
- Input shortages
  - If availability of key resources or labour shortens, production can slow down, decreasing supply.
- Natural shocks
  - Events like earthquakes reduce supply.

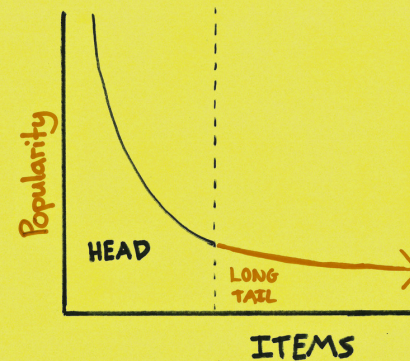


### Advantages:

- Higher prices for suppliers. The good or service is more scarce leading to price increases.
- Potential for innovation - a shortage may drive firms to find alternative products, materials or production methods.
- Reduces over consumption.

### Disadvantages:

- Higher prices for consumers may struggle to afford the product, leading to lower demand and welfare loss.
- Economic decline - If supply reductions affect key industries, economic activities may slow down.



### EXAMPLES:

- Niche books
- Indie films
- Vintage movies
- Specialised tools
- Rare collectables
- Customised dating
- Regional foods
- Local products
- Niche sports merch
- Hobbyist 3D models
- Rare programming libraries
- Custom smartphone apps



MS SAYER

# ENGLISH



This year, the English Department is delighted to once again enter students into the Poetry By Heart competition. This is a national speaking competition that celebrates performing poetry aloud. Last week, Key Stage 3 students were tasked with memorising a poem and then performing it to their classmates. Students had a diverse range of poems to choose from, including a sonnet by Wendy Cope that imagines what Shakespeare might have been like at school and a poem celebrating the great Rosa Parks by Rita Dove.

We were absolutely blown away by students' bravery; speaking in front of a group is not easy but it is a crucial life skill, and we were thrilled that so many students stepped out of their comfort zones. They demonstrated impressive oracy skills, including voice projection, pace, use of pause, facial expression and gesture.

### *"Compose aloud - poetry is a sound"*

Basil Bunting



### **Congratulations to the winners from each class.**

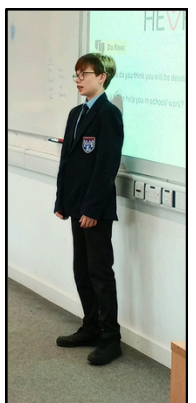
**Year 7:** Sophie R, Tessa P, Mia B-G, Ivy L, Oscar B, Orla W, Joe D, Charlie P

**Year 8:** Zach P-G, Maya W-L, Noah H, Jacob L, Izzy I, Hendrix N, Cara S, Adam G

**Year 9:** Alba J-G, Rhia M, Emily R, Sophie L, Tess P, Lauren R, Mairead S, Esther D, Olivia H

**Year 10:** Finlay A, Henry Budd and Lena A

Should these students wish to enter the national competition, they should see Mr Gowen in DG10 as soon as possible. It is a fantastic opportunity, with the final prize being the chance to perform at Shakespeare's Globe!



### *"Reading one's own poems is letting the cat out of the bag"*

W. H. Auden

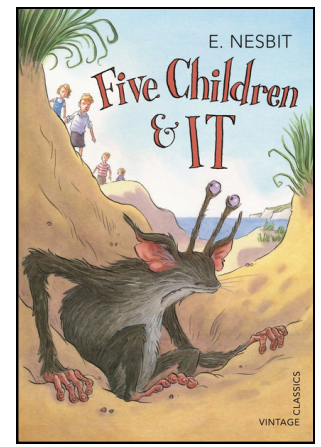
YEARS 7 - 10

## BOOK REVIEW

### ***Five Children and It* by E Nesbit**

Review by Amy, Year 7

In this story, there were five children. Whilst exploring their new house, they meet a psammead. A psammead can grant wishes but this one in particular is rather grumpy about it. The children wish their wishes but many don't quite go as planned. As they get caught up in sticky situations and stuck in church towers, will they be able to stay out of trouble?



## BOOK REVIEW

### ***One of Us is Lying* by Karen M McManus**

Review by Charlie, Year 7

*One of Us is Lying* is a gripping young adult mystery novel that combines the elements of a classic whodunit with a modern teen drama. The story begins with a seemingly simple setup: five high school students walk into detention, but only four walk out. Simon, the school's notorious gossip, dies during detention, and it's clear that his death wasn't an accident. The twist? Each of the remaining four students - Bronwyn, Addy, Nate, and Cooper - has a motive and a secret to hide.

McManus masterfully weaves together the perspectives of each of the four suspects, providing readers with glimpses into their lives, struggles, and hidden truths. Each chapter is told from a different character's point of view, and as their stories unfold, the reader is constantly left questioning who could have committed the crime. I would recommend this book to anyone in KS3 or KS4.



## BOOK REVIEW

### ***The Ask and the Answer* by Patrick Ness**

Review by Aubrey, Year 9

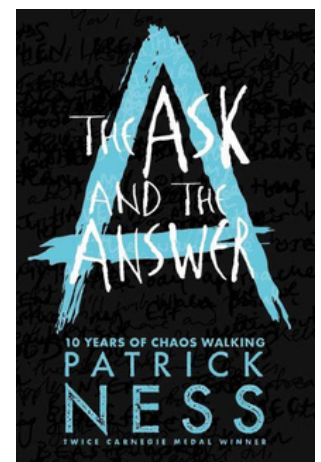
*The Ask and the Answer* is the gripping second book in the Chaos Walking trilogy, continuing the story of Todd Hewitt and Viola Eade as they navigate the dangers of a world where men's thoughts are heard aloud through the Noise. This book takes a darker turn as Todd and Viola are separated and forced into opposite sides of a growing war.

Mayor Prentiss, now the self-declared President, tightens his grip over the town, manipulating Todd into obedience while Viola is drawn into rebellion. Ness does an incredible job of showing how good people can be forced into making difficult choices, making readers question what is truly right or wrong.

The dual perspective narration is a great addition to the story. Unlike the first book, where we only followed Todd, this time we also see Viola's perspective, which makes the story even more intense. It helps us understand both sides of the conflict and adds emotional depth, especially in scenes where Todd and Viola struggle to find each other again.

The pacing is fast, filled with action, suspense, and shocking twists. Just when you think things can't get worse, Ness raises the stakes even higher. The writing style, with its unique spelling, makes Todd's voice feel raw and real, pulling readers deeper into his experience.

Overall, *The Ask and the Answer* is an emotional, thought-provoking read that keeps you hooked from start to finish. It's a book that makes you question the nature of power and whether fighting back always means doing the right thing. I would definitely recommend it to anyone who loves dystopian fiction with deep moral dilemmas and strong character development.



# STEM



MS BOARD

YEAR 9

## Subsea STEM Challenge

This week, a STEMtastic group of Year 9 students took part in the annual GUH Subsea STEM Challenge. We set off early to the Southwest regional heats, excited to represent BFS amongst teams from all over Somerset, Devon and Gloucester.

The challenge asks students to design, build, program, budget and present their Remotely Operated Vehicle, to be used for research or conservation of the ocean. Everyone in our team had a role to fulfil but all helped each other out and worked incredibly well to present to industry judges at the conclusion of the competition. We received so many amazing comments and compliments from judges about our team and work ethic, plus their impressive and professional presentation skills.

We nervously awaited the results as the finalists would go on to the national final later in the year. After what felt like a huge pause, BFS were called as winners, and we are now off to the national final in Aberdeen during the Summer Term! A huge congratulations to Sophie, Nameera, Emily, Ava, Dylan and Dan!



YEAR 10

## Bristol Education Partnership Student Leadership Project



Last week saw the culmination of a month-long project with a group of Year 10 students, the BEP Student Leadership Project.

Elle, Henry, Amelia and Harry have all worked hard to become exemplary leaders, using coaching skills, team building challenges, shadowing school leaders and culminating in the creation of a social action project to help our local community.

We have heard several inspirational stories from CEOs, charity founders, community leaders and educators as to how to be a strong but personable leader, skills that will come in useful in further education and careers beyond school.

Well done!



**University of Bristol Chemistry Outreach Afternoon**

On Wednesday, our Year 12 Chemistry students spent the afternoon at Bristol University completing practical activities in the undergraduate teaching labs and hearing from current students and admissions tutors.

Groups worked to master the synthesis of aspirin and really loved using the plethora of equipment available to them. There was even enthusiasm for donning the full range of lab wear!

After gaining some impressive yields, their experiments were complete, and it was time to hear about how university really is! After a Q&A with students and lecturers, and some tips for UCAS applications, we felt like we had a really great representative experience of studying Chemistry at University.



For the past few months, Amelia (Y10), Poppy, Lucy, Alys and Nabeeha (Y7) have been working as Active Travel Ambassadors for the school. Their aims are to increase the amount of walking/cycling/wheeling to school and reduce car use, whilst improving air quality around the school. So far, the students have identified how they want to tackle the issues and have prepared a pitch to share their ideas.



Last week, the students attended a conference at City Hall where they presented their campaign and ideas to industry experts and other schools. I am delighted to say that the BFS campaign and presentation were judged as the best and students were awarded £250 to spend on putting their project into action in the summer term. Well done to our ambassadors, you were a credit to the school!



Oddballs Foundation from Bristol University visited Year 9 in assembly this week to raise awareness of testicular cancer. The talk was very informative, and students were told about signs, symptoms, diagnosis, and treatment.

**OddBALLS FOUNDATION**

**CHECK YOURSELF**

- 01** USING BOTH HANDS FEEL ONE TESTICLE AT A TIME
- 02** BETWEEN YOUR THUMB AND FINGER INSPECT BY ROLLING THE TESTICLE
- 03** FAMILIARISE YOURSELF WITH THE SPERMATIC CORD AND EPIDIDYMIS TUBE THAT CONNECTS TO THE BACK SIDE OF EACH TESTICLE
- 04** FEEL FOR LUMPS, BUMPS AND CHANGES IN SIZE, IT IS NORMAL FOR ONE TESTICLE TO BE LARGER THAN THE OTHER

**IF YOU HAVE ANY CONCERNS, PLEASE SPEAK TO A DOCTOR.**

The Schools and Colleges Early Support Service at Ann Freud offer a variety of useful webinars to support young people including one on exam stress. Click on the topics below to download the webinars.

### Exam stress



Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This webinar will help you to find the best ways to manage your stress levels, before, during and after your exams.

### Anxiety



Anxiety is a normal part of life and can affect anyone. A bit of anxiety from time to time is normal, however, if anxious feelings don't go away, they can affect our ability to concentrate, spend time with friends and generally enjoy life. This webinar will help you to recognise the signs of anxiety and understand how anxiety impacts on our thoughts, feelings and behaviours. It will also support you to reduce and manage anxious feelings by using self-care strategies.

### Staying well online



Many of us spend time online, and it can be hard sometimes to know how to maintain our wellbeing, manage our time well, and maintain online safety. This webinar will provide a number of tips and tricks for staying well online, including how to find a good online and offline balance and the impact of screen time on our sleep. We will also consider the importance of online safety when using social media and gaming, and we provide a number of websites and contact numbers if you want further details on how you can protect yourself whilst online.

### Peer pressure



Peer pressure means feeling like you have to do something because people around you want you to or expect you to. This webinar was co-produced with young people sharing their understandings of peer pressure and how to spot situations where you might experience pressure. The webinar also suggests helpful strategies for how to manage pressurised situations.

# COMPUTER SCIENCE



MRS RAMANANDI

## Launch of iDEA Awards

### IDEA Awards: Inspiring Digital Enterprise Awards

The IDEA Awards, often referred to as the "digital version of the Duke of Edinburgh's Award", is a fantastic program designed to inspire lifelong learning and enhance digital skills. This free program is open to people of all ages and skill levels, making it accessible to everyone.

### What is the IDEA Awards?

The IDEA Awards aim to help participants develop their capabilities in a rapidly evolving digital world. The program is implemented in schools, universities, and various organisations to upgrade the digital skills of students and employees alike.

### Badge-Based Learning

Participants engage in badge-based learning, earning recognition for their achievements. There are three levels of achievement:

**Bronze Award:** 250 points

**Silver Award:** 400 points

**Gold Award:** Approximately 550 points

### Get Involved!

As part of your computer science homework, you will work on the IDEA Awards for 30-40 minutes. This is a great opportunity to enhance your digital skills and earn badges that reflect your progress.

### End-of-Year Assembly

Students will receive their certificates at the end-of-year assembly, celebrating their hard work and achievements.

### For Parents and Carers

We are excited to announce the launch of the IDEA Awards! Parents, carers, and anyone interested in learning digital skills are welcome to participate. This is a wonderful opportunity for everyone to develop their digital capabilities alongside the students. Try it out here: [iDEA Awards](#)



IDEA AWARDS



#### Badge your brilliance

As well as being fun, the badges on iDEA provide a visual acknowledgment of achievement.



#### Use any device

Play and learn with iDEA digital badges for free, on any modern device, anywhere you can get online.



#### Industry-recognised Awards

With enough points, you can win industry-recognised Awards, and unlock Special Achievements.



MS SLATER

# BFS SPORTS



BFS\_TeamPE



MR HOWARD



MS URCH

## YEAR 7

### 10-0 win vs Cotham School

The Year 7 boys football team travelled to Shine Sports Ground on Tuesday to play Cotham School. With the sun shining down and not a breath of wind in sight, it made for perfect playing conditions. The team started off strongly, with some quick passes and creative movement down the wings. The goals were coming quickly, and the team were 4-0 up at half time with goals from Oli A, Sebby (2), and Elkanah. After a quick half time talk, the focus was to play more football on the floor and shoot from range. The first goal was scored within a few minutes and the team were 5-0 up. Cotham School made a few changes which made the game a bit more competitive, and the home side put up a good fight. Unfortunately for them however, the BFS team continued to attack and ended the game winning 10-0. Further goals from Africa, Kieran (2), Elkanah, Sebby and Charlie. An awesome match and a great way to finish the season.



## FOOTBALL

This term we have been extremely busy with an incredible 8 football teams. The results in each league were as follows:

### Boys

Year 7 boys = 3rd  
 Year 8 boys = 3rd  
 Year 9 boys = 4th  
 Year 10 boys = 3rd

### Girls

U12 girls = 3rd  
 U14 girls = 3rd  
 U16 girls = 1st

Well done!

Well done to all teams. Our U16 girls have progressed through to the quarter finals which will be played in the next couple of weeks against Oasis Academy Brislington.

## NOTICES

### Year 10

After the Easter break, you will be required to take part in core PE during the mocks. It is an opportunity to decompress, have some social time with friends and enjoy being away from revision. This is exceptionally important for your mental health. Please bring your PE kit with you on your PE days.

If you have an exam during the core PE lesson, of course, you will not require your kit.

### Year 11

After the Easter break, Year 11 will be provided with the option of revision or practical during their PE lessons. If you are attending the revision session, you will require the correct resources and you will be in your PE classes for this lesson. If you are choosing practical, you must have your PE kit with you.

If you are opting out of PE after Easter and have any spare PE kit you will no longer require that you would like to donate, please bring it to the PE office. We would appreciate any of the following:

Tracksuit bottoms (navy blue), trainers, football boots or shin pads.

## YEAR 9

On Monday 24 March, Year 9 and 10 attended SGS Wise Campus for the WeSport netball finals. Both teams brought their A-game, and were focussed, resilient and powerful in their decisions and game play.

### 43-35 loss vs Wellsway School

The Year 9 girls netball team started slowly, going 3-0 down in the first few minutes, but they quickly rallied around and scored a few quick points. The first quarter was close, finishing 7-10 to Wellsway. The second quarter did not go to plan, and the Wellsway Goal Attack (GA) was on fire, scoring every shot, from all around the D area - this took the team by surprise, and we just could not get going. At half time, the score was 16-24 to Wellsway. After a team talk and a few positional changes, the team came out fighting in the third quarter. Some amazing play from the back of the court through to our shooting legends of Caitlin and Miranda and we were back in the game. Jess was able to defend the GA with determination and grit, frustrating the Wellsway School team. The team won this quarter and had a new lease of life going into the final quarter. Unfortunately, there was not enough time on the clock and Wellsway School were deserved winners with a final score of 43-35. An amazing test of resilience, grit and determination by the whole squad. Well done girls, it has been an incredible season, and we are all very proud of you.



## YEAR 10



### Win vs Backwell School

The Year 10 girls netball team faced Backwell School - a team they had faced in Sisters n Sport last year and narrowly lost out against.

Both teams spent the first quarter finding their feet, with a 4-4 draw to end the first 10 minutes. But the BFS team found their flow in quarter 2, heading 4 points up. Their defensive play was outstanding, applying pressure to their opposition and turning over balls left, right and centre! This really held off the opposition as they ended quarter 3, 7 points up! This was the final push they needed, playing their hearts out in quarter 4, only allowing 1 goal to be scored by their opposition and scoring another 4 themselves.

This is an absolute dream team, and Miss Slater is super proud of you all and your efforts this term. Well done everyone!

## GOOD LUCK

Amira in Y7 is heading to Florida in April to compete on the Worlds mat for Team England Adaptive Abilities Cheer. Adaptive Abilities Cheer brings together disabled and non-disabled athletes to create an inclusive and ground-breaking routine. Team England have been competing in Adaptive Abilities Advanced since 2017, most recently bringing home the Gold at the ICU World Championships in 2024. They will be competing again at the World Championships in Orlando, Florida in April 2025, returning as the reigning World Champions. This is an amazing opportunity for both Amira and Team England athletes. Good luck!



# SWIMMING

The best swimmers from 17 schools across Bristol competed in the Bristol Secondary School Championships last week. Competition was fierce, with many county and regional swimmers in attendance. Our Year 7 and 8 boys gave a fantastic performance to come second overall in the Junior Gala and win bronze in the medley relay. In the individuals, Harry S (Y8) won silver in the backstroke and Isaac H (Y7) won bronze in the breaststroke.

Our Year 9 and 10 girls came 3rd overall in the Intermediate event, winning silver in the freestyle relay and bronze in the medley relay.

We saw a fantastic effort and team spirit from every single member of the BFS team. A special thank you to Hayden (Y9), Winnie (Y10) and Lauren (Y8) who stepped up at the last minute to represent the school.

A massive thank you to our parent team managers, Gill and Becca, who did an incredible job of organising the team at the event.



# CLUBS

Come and train to make sure that you get a game!  
If you cannot train, please email Mrs Ballard to make her aware.

## Monday

### **Athletics - track and field**

All year groups  
Mrs Wynne-Jones  
Ms Urch

## Wednesday

### **Cricket**

All year groups  
Mrs Ballard  
Mr Howard

## Thursday

### **Rounders**

All year groups  
Mrs MacBlain  
Miss Slater

### **Tennis**

All year groups  
Mr Langeveldt

## Friday

### **Sixth Form Sports**

Every week - MUGA  
Blue weeks - Sports Hall

# SIXTH FORM

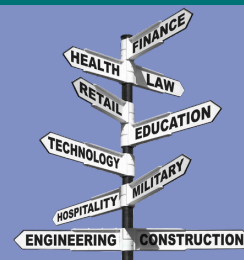
YEAR 12

On Thursday, 27 March, Year 12 attended the UCAS Discovery event at the University of Worcester. This was an opportunity for students to talk to representatives from a wide range of UK universities and further education institutions, as well as some employers and apprenticeship providers. The event sparked excitement and thoughtful conversations about students' plans after leaving BFS Sixth Form and was also a chance to stock up their pencil cases with lots of new pens!



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**



EMPLOYER TALK

On Wednesday 19 March, we were really pleased to welcome back to BFS a former student, Evelyn Fackrell, to talk about the apprenticeship she has been completing since leaving us after her GCSEs in 2023. She is currently completing a Level 3 Engineering Technician Apprenticeship with Babcock in Bristol, an international defence, aerospace, and security company. Evelyn spoke enthusiastically about her role, including maintaining and fixing parts of submarines, and explained why she chose the apprenticeship route. She is thriving at the company, learning lots, earning a good apprentice wage, and will be guaranteed a job with Babcock upon completion of her apprenticeship. Below, you will find a summary of the wide range of apprenticeships that Babcock offers. Our Year 9 students listened intently and asked lots of interesting questions.



# Bristol Apprenticeships – Babcock & Cavendish Nuclear



**Level 3 Engineering Technician Apprenticeship**  
You'll gain technical knowledge and hands-on experience through a blend of college training and work experience, manufacturing complex components for submarines.



**Level 3 Welding Apprenticeship**  
You will learn to weld complex joints using TIG, MIG, MAG, Manual Metal Arc, and Flux-Cored Arc welding techniques, making you a highly skilled specialist.



**Level 3 Business Admin Apprenticeship**  
A role ensuring that the day-to-day operations of our business are efficient and effective. You will develop highly transferable business administration skills like time management, scheduling, event coordination and document control.



**Level 4 Quality Technician Apprenticeship**  
Provide vital quality assurance, rotating through placements focused on supplier, manufacturing, project and systems quality.



**Level 4 Project Management Apprenticeship**  
Working on a range of projects, you'll be delivering benefits to our customers while always keeping time, cost, quality and risk in mind.



**Level 4 Procurement and Supply Chain Apprenticeship**  
Gain experience in planning & inventory management, strategic sourcing, operational procurement and logistics & warehousing.



**Level 6 Project Management Apprenticeship**  
Preparing planning schedules and activities for review, defining work packages, analysing data, communicating plans and producing reports on delivery, cost and quality.



**Level 6 Project Controls Apprenticeship**  
You'll be immersed in the technical disciplines of cost engineering, estimating, planning, and scheduling.



**Level 6 Digital and Technology Solutions Degree Apprenticeship**  
You'll learn how to produce technical documentation, code and schematics including cyber security designs, software, PLC control, CAD, electrical & electronic design and database management.



**Level 6 Mechanical Engineering with Manufacturing Degree Apprenticeship**  
Extensive real-world experience working alongside experienced engineers. Also gives you a broad exposure to our business, including experience in analysis, design, business winning and project management.



**Level 6 Electro-Mechanical Degree Apprenticeship**  
Develop a solid understanding of a Design Engineer's role through exposure to work such as Launch Control System projects, Research & Development, and In-Service Support.



**Civil and Structural Engineering Degree Apprenticeship**  
You will be involved in a diverse range of activities, from structural and civil analysis and design to 3D modelling, 2D drawing development, site surveying, and construction and installation support.

## EMPLOYER TALK

We had another full house for this week's employer talk by Caroline Gourlay, a self-employed business psychologist with [Caroline Gourlay Business Psychology](#). Caroline shared her thoughts and opinions on the value of studying a psychology degree, reminding students that it does not in itself give you a qualification in psychology, with more study and training required to become a psychologist. However, it is an interesting and flexible degree that offers a wide range of career choices beyond psychology, from games design to marketing. Caroline pointed out that it does involve a lot of data and statistical analysis, but that she has not had to do much in her career post-Uni.

Students learnt what psychologists do – they understand behaviour, predict behaviour and change behaviour – and the different types of psychologists:

- Research psychologists who work in universities.
- Clinical psychologists who work in a hospital or healthcare setting.
- Health psychologists who work in healthcare settings and the community.
- Educational psychologists who work in schools or colleges
- Forensic psychologists who work in a prison or probation service.
- Sports psychologists who work with sports teams, sporting bodies and individuals.
- Business or occupational psychologists who work in an organisation or as an external consultant.

Caroline gave a really clear explanation of what she does day-to-day: assessing candidates for senior jobs, helping people become better leaders and helping leadership teams work more effectively together. She then looked at future trends in psychology, including the threats and opportunities posed by AI, and the growing importance of environmental psychology.

Many thanks to Caroline for taking the time to come and talk to our students.



## COMING UP...



**28 March:** Business Psychology

**4 April:** Creative/Live entertainment

**25 April:** Rail Transport

**2 May:** Construction/House building

**9 May:** Manufacturing

**16 May:** Cyber Security

**23 May:** Pharmacy

**13 June:** Optometry



## OPPORTUNITIES

### Hospital Observation Placements

Three-day work observation placements for students who are just finishing Year 12 and will be applying through UCAS to medical schools in Autumn 2025.

Where: Southmead Hospital

What: Exposure to a variety of hospital specialties. Meet medical students, doctors, and other members of the healthcare team to learn about what a career in medicine entails.

Only 36 places. Success will depend on the quality of the application. [Apply here.](#)

### Becoming a Doctor - Discovery Day

One-day conference at Southmead Hospital. Hear from doctors in different branches of medicine and at different stages of their training. There will be a chance to talk to doctors in smaller groups and try out some practical skills.

Saturday 21 June 2025. Open to students in Year 10 or above. [Register here](#)

### Meet the Russell Group Webinars

Interested in going to a Russell Group University? Hear directly from representatives and experts from 18 of the 24 Russell Group Universities including Cambridge, Bristol, King's College London, LSE and Manchester to get answers to questions about applications, student life, personal statements, and much more. 29 April - 1 May. [Register here.](#) Recordings available if you miss the live webinars.

### Careers in Mathematics

Are you studying maths and want to explore how those skills could lead to an exciting career? Join the Institute and Faculty of Actuaries and actuary firm APR LLP for a webinar that will give you practical tools to build confidence and embrace opportunities in technical careers. You will discover how to turn self-doubt into self-belief and see why you absolutely do belong in any career you set your sights on.

13 May 2025, 6.30 pm. [Register here.](#)

### Paid Internship in Publishing

Make your mark by spending eight weeks this summer working with the UK's largest publisher, Penguin. Its paid summer internship roles sit across 9 different teams in the London office, with opportunities to contribute to projects in one of its publishing houses or specialist group functions. Over 18s. [Apply here.](#)

## CAN YOU HELP?

### Are you able to offer Work Experience to one of our Year 12 students?

This year's work experience runs Wednesday 9 to Friday 11 July.

If you work locally and are able to offer a placement, we would love to hear from you.

Please get in touch:

[careers@bristolfreeschool.org.uk](mailto:careers@bristolfreeschool.org.uk).

Thank you!

## APPRENTICESHIPS

### Stay Updated on New Opportunities

Receive notifications about the latest apprenticeships, university events and networking opportunities by registering with the [Success at School](#) website.

### NHS Finance Placement

The NHS Finance Insights placement scheme offers paid work experience in NHS organisations throughout England to individuals aged 18 and above, who do not plan to attend university and come from lower socio-economic backgrounds. The scheme aims to attract diverse talent from local communities served by the NHS into the finance sector. [Apply here.](#)

### KPMG Apprenticeship Evening

Tuesday 1 April, 5.30-8.30pm - dinner provided! KPMG Life in a Day is an event designed to give students a sneak peek into what their life could look like as an apprentice. Open to students aged 16-18 who are considering an apprenticeship in business areas such as tax, audit, tech and finance. [Register here.](#)

### Scaffolding Apprenticeship

If you are interested in learning skills in the construction industry, local firm, Shield Services Group, is currently on the look-out for scaffolding apprentices. You will work with experienced team members to build an on-the-job understanding of the role and will be released to study at a relevant college. Shield are currently based in Longwell Green but are relocating to Warmley in the summer. For more details email [Lauren Angell](mailto:Lauren.Angell).

# COMMUNITY NOTICES

## ESPORTS WORKSHOPS @SGS COLLEGE

STATE OF THE ART GAMING HUB  
— EASTER 2025 —

EXCLUSIVELY FOR YEAR 10 + YEAR 11  
TAKING PLACE ON TUES 8TH & TUES 15TH APRIL

Development of in-game skills for competitive gaming.

- First-Person Shooter (FPS) and sports-based games.
- Drills and exercises using in-game training scenarios and Aim trainers.
- Mini-competitions in the spirit of teamwork and healthy competition.

Book online at [MyShine.co.uk](http://MyShine.co.uk)  
and search Esports



## Prepare to Achieve Easter Revision Courses 2025

Monday 14th - Friday 18th April

- A wide range of GCSE and A Level subjects available for Year 11 and 13 students
- Focus on subject revision, exam preparation and exam technique
- Maximum group size of 5-8 students, with individual assessments and coaching
- End of course report for parents/guardians
- Superb teaching facilities
- Free 'study-wise' nutritional lunch included with every booking

Scan here



For further information or to book your place

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E. [revisioncourses@cliftoncollege.com](mailto:revisioncourses@cliftoncollege.com)

[www.cliftoncollege.com/easter-revision](http://www.cliftoncollege.com/easter-revision)

## THE VENCH

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BS7 9TD

[LOCKLEAZE@GROUNDWORK.ORG.UK](mailto:LOCKLEAZE@GROUNDWORK.ORG.UK)

FOR MORE INFORMATION CALL:  
07710392078

## EASTER ACTIVITY CAMPS

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### VENUE:

FONTHILL PRIMARY  
ACADEMY

### DATE:

7TH - 17TH APRIL 2025

9AM-2PM

5-12 YEARS



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