

Newsletter



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A NOTE FROM MRS KING

Dear Parents, Carers and Students,

The sun is shining, and we are all enjoying spending more time outside after a long winter.

GCSE and A Level exams start next week and, on behalf of the BFS community, I want to wish Year 11 and Year 13 the best in the upcoming weeks. Staff have spoken to me about how focused and determined they have been in their lessons, and we feel confident they are well prepared.

We have sent out letters explaining the plans for study leave, school revision sessions before exams, and details of the Summer Balls. It is a busy time, but we are determined to celebrate in style once all the exams are over.

I want to congratulate Year 10 on completing their mock exams over the last two weeks. They were fantastic and learnt a lot about preparing for, and partaking in, formal exams. We wish them luck in their upcoming RP short course GCSE exam later this term.

Many schools in Bristol have made the decision to introduce magnetic pouches to reduce access to smartphones and devices during the school day. BFS has also decided to take this next step and Deputy Headteacher, Mr East, will be communicating with you very shortly to explain the rationale and plans for the roll out of this important initiative. We will be explaining it in detail to students through the tutor programme. This is relevant for Year 7-10 in Term 6 and will not impact our Sixth Form students.

Remember, the school is closed on Monday 5 May as we will be enjoying the first May Bank Holiday. Let's hope the sun keeps shining, we deserve it!

Thanks for your continued support.

Warm regards, Mrs S King



MRS KING



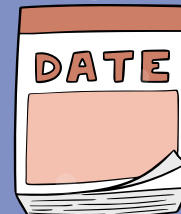
NOTICE BOARD



BFS Bristol



BFS Enrichment



NEXT WEEK AT BFS

Monday 5 May

Early May Bank Holiday - School Closed

Tuesday 6 May - Friday 20 June

Y11 & Y13 Summer Exam Series

Tuesday 6 May

Y12 Oxford University Trip

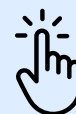
Thursday 8 May

Y10 DofE Silver Award Practice Expedition
(back Saturday 10 May)

Friday 9 May

Y9 Police South West Cyber Ethics Visit

QUICK LINKS



Lunch Menu

Extra-Curricular Clubs

Term Dates

Student/Parent Handbook

Past Newsletters

WE'RE HIRING

Teacher of Science

PERIOD PRODUCTS

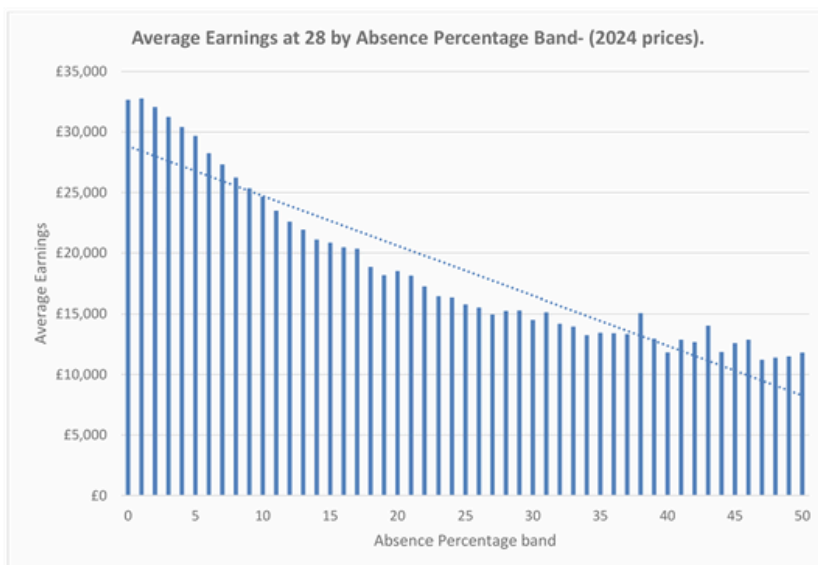
Free Period Products are available to those who need them. Just look for the **Pink Boxes** in the following locations:

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



ATTENDANCE

School Attendance and Future Earnings are Linked



The Department for Education has recently released some research findings and said:

"Missing school doesn't just affect exam results and a child's time in education - it can impact future earnings too. Persistently absent pupils in secondary school could earn £10,000 less at age 28 compared to pupils with near-perfect attendance. For each additional day of absence between Years 7 to 11, the typical pupil could miss out on an average of £750 in future lifetime earnings."

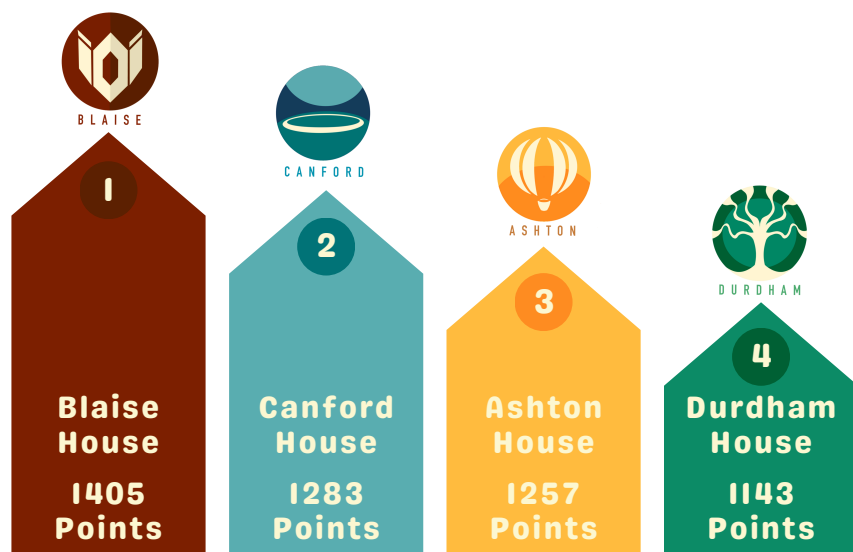
Please check your child's attendance percentage on the My Child At School app. Please remember that any score below 90% is considered as persistent absence. If you are worried about your child's attendance, please contact the Attendance Office.



HOUSE NEWS



HOUSE POINTS



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

Well done Blaise!

Top House Point Earners

Congratulations to our top House point earners this week!

	Ashton	Blaise	Canford	Durdham
Year 7	Chloe S	Alys L	Harriet J	Noah C
Year 8	Josie G	Amy B, Minnie E, Isabelle P	Cerys B	Eloise G
Year 9	Paige N, Paynton B	Muhammad-Fadel A	Dexter S, Liam B	Imani P, Harriet T
Year 10	Samuel C	Joseph D	Ella G	Aslan P
Year 11	Emlyn W	Bilal Al	Isabella P	Edward C
Year 12	Maddison S, Henry S	Alyssa C, Archibald H, Isla H	Megan G	Mila D, Eloise B
Year 13	Finley W	Phoebe H-J	William W	Alexander H-J

TEACAKE CHALLENGE

Year 7 and 8 are invited to enter the Tunnock's Teacake Challenge.

Using your artistic creativity and food preparation skills, create a piece of culinary art by styling a plate of food on the theme of "Culture and Celebrations" - remember to include a Tunnock's Teacake!

Want to take part?

Sign up with Mrs Slade in CG23.

We will provide you with one teacake. You will then need to bring:

- Your design
- Ingredients to make the different elements of your design e.g. fruit for coulis
- A plate/board (if it is specific to your design)

The competition will take place on Wednesday 14 May, 3 - 4.15pm. The two winning students will be entered into the national competition.

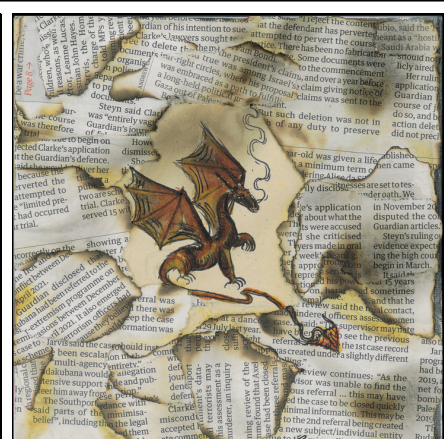
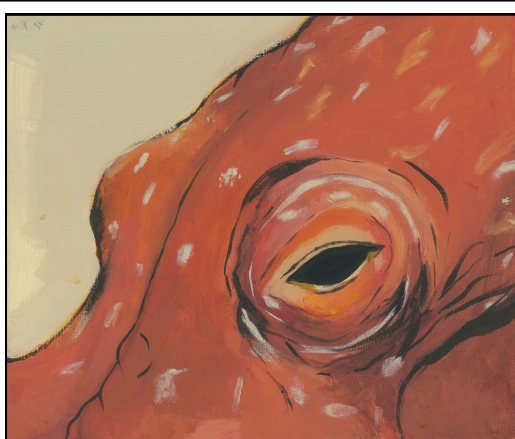


There is still time to enter this year's Royal Society of Biology Photography Competition. The theme is Restoring Biodiversity and Habitat. This topic could mean so many things and we would love to see your interpretation. We have included some suggestions below to get you started.

- A habitat being restored for wildlife, or wildlife returning to an area it once thrived in.
- The creation of wildlife-friendly gardens and community spaces, new nature reserves, wildlife-friendly farming or re-wilding on land and in the sea. At home, in towns and cities, or away from human settlements.
- Whatever you choose, we want you to showcase animals, plants or fungi within their wider ecosystem - focus on the biodiversity of your chosen habitats whether that is a small space or a wide-open landscape.
- The photographs you send us could zoom in on a subject in extreme close-up using macro-photography, or show a wider perspective on land, underwater or even from above.

Email your entries to Miss Hawes. House points for all entries and the BFS winner will be declared in June.

Here are some of the amazing entries received so far. Thank you to Ms Bennett and Sophia in Year 7.



Thank you to everyone who has handed in their completed canvas so far. There is still plenty of time to get involved. Come along to the Art Department this term to buy a blank canvas for £3 (15 x 15cm) or £5 (30 x 30cm). Please bring cash. Get creative and paint any theme you like with any appropriate medium. All abilities welcome.

You can do this at home or join us on Wednesdays for Art Club!

Hand in your finished canvas by the end of Term 5 - remember to write your name and House on the back. There will be House points for all entries and your families will be offered the chance to buy your piece before they go on general sale.

Finished art works will be on sale in Term 6 and all money raised will go to the House charities.

NORBOT DESIGN COMPETITION



BFS is excited to announce that we will be receiving a 1m tall Norbot to decorate as part of the Grand Appeal and Gromit Unleashed Trail 2025.

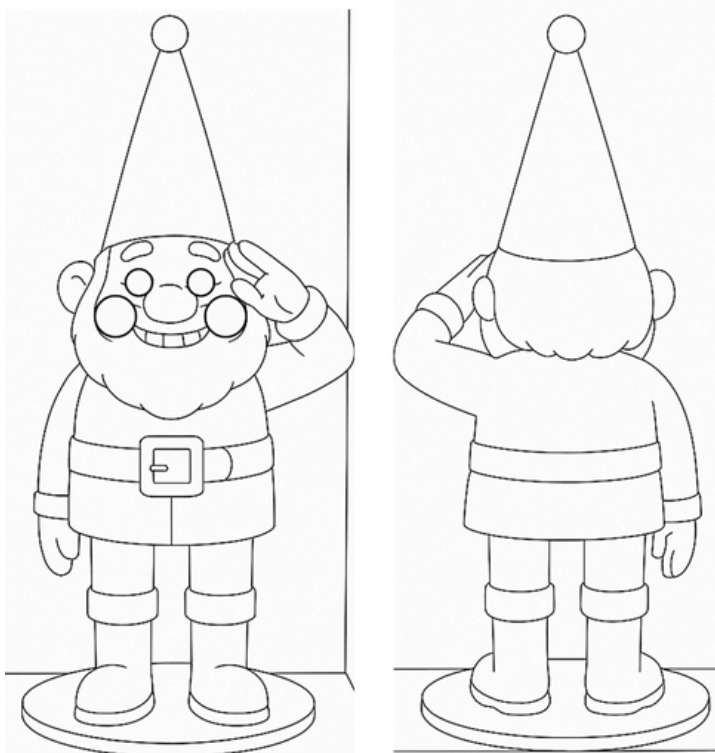
We are launching a competition whereby your design could be made into our Norbot!

The winning design must:

- Be easily transferred to the big Norbot
- Reflect the School values
- Reflect the School House system

COMPETITION OPENS: Tuesday 6 May

DEADLINE FOR ENTERIES: Monday 19 May



Acrylic paint colours available (use these only):
Titanium White, Ivory Black, Naphthol Red Medium,
Primary Magenta, Primary Yellow, Azo Yellow Deep
(orange), Cobalt Blue, Ultramarine, Permanent Blue
Violet and Permanent Green Light.





MARATHON SUCCESS

Congratulations Mrs Corrigan!

On Sunday Mrs Corrigan completed the London Marathon, a fantastic and inspirational achievement! Mrs Corrigan is also raising money for Macmillan Cancer Support. Anyone who would like to donate can use this link: [Lauren's page for Macmillan Cancer Support](#).

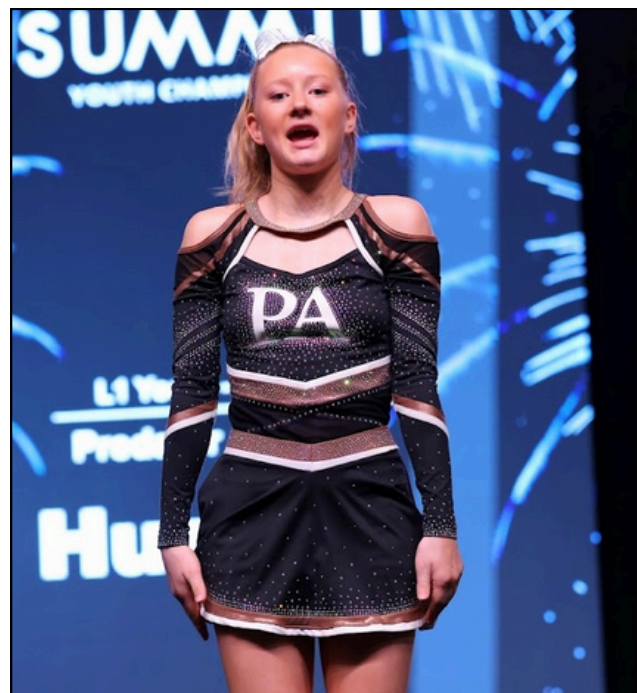


A massive thank you to everyone for sponsoring me already and all their supportive comments! It was a huge help when I was running to keep me going.



CHEERLEADING SUMMIT

Isla in Year 8 competed in the Cheerleading World Youth Summit in Tampa, Florida. Her team was up against teams from across the globe - US, Japan, Australia and 3 other teams from the UK. They progressed to the finals - one of 27 teams from approximately 60 teams. The competition was incredible, and Isla's team came 21st overall. Well done!



YEAR 10 EXAMS

Year 10 End of Year papers have come to an end!

I can confidently say that we have all been blown away by Year 10's maturity, exam conduct and ambition to be successful. During this time, the whole cohort has demonstrated resilience as they have all sat their exams without any qualms. It is key to note that the exam papers are challenging, and the timings alone mean an extra dose of motivation is needed.

There is a small break until their RP exam (actual exam!) on the 21 May. We will remove the tutor programme for that week to allow students to revise. It is important that they come to tutor sessions with revision daily! Knowing how well they have worked during revision sessions in tutor and the exam period, I have no doubt that they will give 100% and be awarded the grade they deserve.

Our next set of mocks will be in Year 11. The Year 10 tutor team and I will continue to guide the year group through these with your support which is greatly appreciated.

As a tutor team, we are incredibly proud of your child and recognise the hard work they have put into their exams. We will be celebrating their achievements during Friday tutor time.

Well done Year 10, Ms Ludwell and the Year 10 tutors.





What has been happening in...

Psychology?

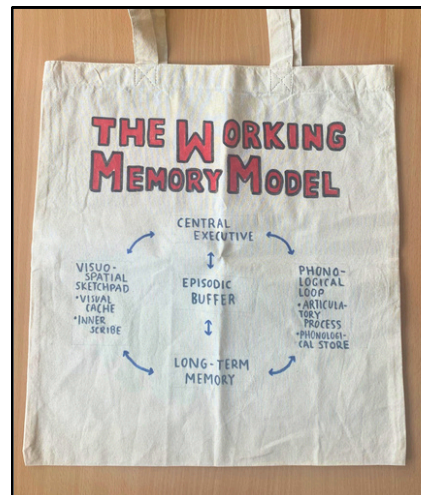
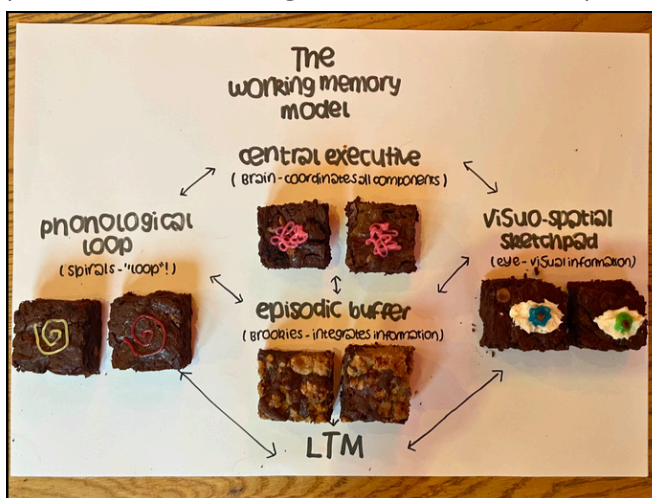


MS TOVEY

In Psychology, we have recently started the unit on attachment. In this, we look at how and why caregivers and infants attach to one another as well as what happens when this is not smooth sailing. This started off with each Year 12 student adopting a 'baby' (AKA a table tennis ball with googly eyes) - students have been tasked with looking after them and taking them out or ensuring they are being looked after. Parental success is mixed, with some living in crocheted homes hanging on their lanyard and some already in an unknown location!

Students also recently impressed me with their Easter homework. In an attempt to encourage some creativity and spend some time away from screens, I asked students to represent the multi-store model or working memory model in whatever way they wanted. Here are some of the fantastic entries. Bonus points for those brought in for class consumption!!

YEAR 12



YEAR 13

Students in Year 13 have been working diligently in preparation for their exams. They are rounding off the course by learning all about romantic relationships: why we form them, how we maintain them, and what happens when they break down. They are also tying up Ms Norton's side by looking at issues in psychology, such as gender bias, cultural bias and sensitive implications of research. Students are also looking at some core debates that span other topics in psychology such as whether our characteristics are determined by nature or nurture, and whether our choices are genuinely freely made or if they are determined for us.

We are very proud of you Year 13 and wish you every luck in your upcoming exams. We have every confidence you will be amazing!



MISS HAWES

LIBRARY & READING



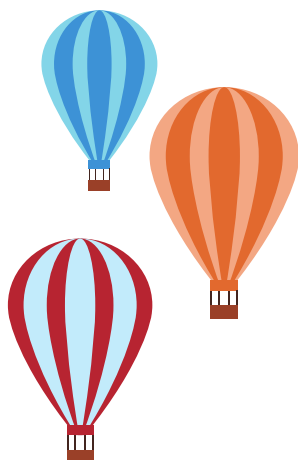
MS GRIFFITHS

BALLOON RACE

It's a new term so a new Accelerated Reader Balloon Race begins.

Current leaders are Mr Harris' Year 7 class 'Dahl' and Ms McMurdo's Year 8 class 'Collins'. Well done everyone enjoying their reading.

Keep quizzing!



HOUSE COMP

Blaise House are leading the Library book borrowing competition, but House points were awarded last week to students in 7TG4 and 9TG3 as well as 8TG3, so three Houses received points.

Remember, you can earn House points by borrowing from the School Library.



AWARDS

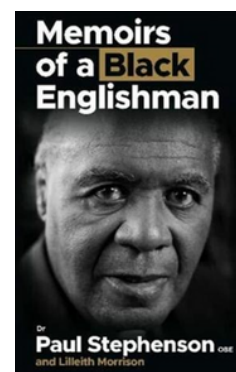
The Carnegie Award is the UK's longest running children and young adults' book awards. It is awarded by children's librarians across the country and the books that are nominated are considered to be those that offer an outstanding reading experience. In other words, really amazing, high-quality books.

To include the voices of the young people these books are written for, students are invited to read the shortlist of books that are being considered and vote for their favourite. This is known as a shadowing group. If you would like to shadow the Carnegie Award this year, and be guaranteed some amazing reading, come to the Library and speak with Ms Griffiths to be involved. All you have to do is read an amazing book and say if you think it should win.

NEW BOOK

***Memoirs of a Black Englishman* by Paul Stephenson**

Dr Paul Stephenson is famously known locally as a Bristol resident who changed our world. Dr Stephenson led the Bristol Bus Boycott in 1963. His work as an activist helped create the first Race Relations Act in 1965. His death last November reminded us all to celebrate his remarkable life.



The BFS School Library has been gifted a copy of his autobiography, *Memoirs of a Black Englishman* and it is available to borrow, read and enjoy.

READATHON

Well done to everyone who took part in this year's readathon - over £310 was raised for Gromit's Grand Appeal.

Tutor Group Winners

Year 7: 7TG3 - reading 106 books

Year 8: 8TG5 - reading 51 books

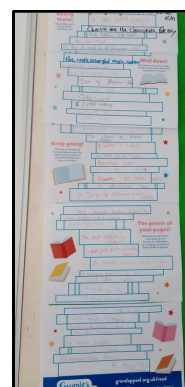
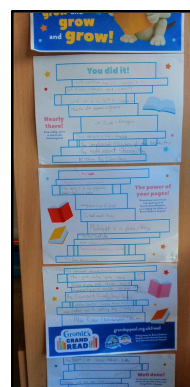
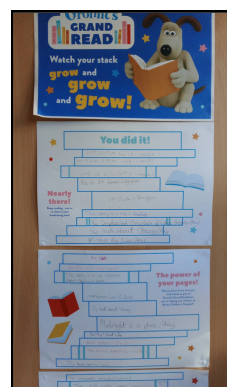
Highest Readers per Tutor Group

Tutor Group	Year 7	Year 8
TG1	Hannah (14)	Lauren (5)
TG2	Madeline (15)	Josie (8)
TG3	Sophie (9)	Bella (6)
TG4	Sienna (10)	Minnie and Amy (4)
TG5	Noah (23)	Greg and Mary (7)
TG6	Luke and Isaac (4)	Cerys (5)
TG7	Chloe S (7)	Eloise (3)

Top Fundraisers

Year 7: Alys H - £40, Isaac H - £30, Noah C - £11

Year 8: Henry B - £15, Jack R - £10, Henry G - £10



Year 8 Camp



MR EAST

WOODHOUSE PARK

BFS is really pleased to announce the launch of this year's Year 8 residential which, for the third year running, will take place at Woodhouse Park Activity Centre in Almondsbury. The residential is a key strand of our BFS Promise - our ongoing commitment to developing the character of our young people and giving them a rich set of experiences. The residential builds on the Year 7 activity day at Clifton College and is the platform on which the Year 9 Bronze Duke of Edinburgh's Award scheme is based. Each year the Woodhouse Park Activity Centre seems to add new activities, and we are looking forward to experiencing the obstacle course, high ropes, making karts, archery, camping, and generally having a lot of fun!

The School has been able to keep the trip at the same cost as last year and families have this week been sent a letter explaining how to sign up and make payment on ParentPay.

We really looking forward to another great trip with a year group that has a fantastic attitude towards getting stuck into new things.



SIXTH FORM



MISS ROSTILL

CAMBRIDGE UNIVERSITY

For the first year, BFS Sixth Form students had the incredible chance to participate in the Cambridge University residential organised by HE+. This two-day event provided students with valuable insights into student life at highly competitive universities. The program was led by a diverse group of third-year students, postgraduates, and alumni from Cambridge University. Students attended lectures covering various subjects, including Modern Medieval Languages, STEM fields such as Chemistry and Biology, Land Law, and many more. We explored the host college, Trinity Hall, and visited other colleges such as Queens' College and Magdalene College. The residential included workshops focused on critical thinking and interview skills, which are essential for Oxbridge applicants. Overall, the scheme was highly effective in creating a realistic university experience for prospective students, from staying in dormitories to exploring the city after lectures - immersing students fully in a student-life environment!





MS SLATER

BFS SPORTS



BFS_TeamPE



MRS BALLARD



MS URCH

NOTICE

As the weather becomes warmer please be mindful that students will be outside for all sports until the end of the year. We want to make sure that students are well equipped for their lessons.

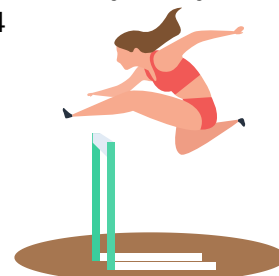
Students should have the following:

- Water bottle, filled before the lesson
- Suncream (if they choose to)
- A baseball style cap (if they choose to)



NOTICE

Please can Mrs Ballard's GCSE PE group bring their PE kit for Tuesday 6 May as your period 3 and 4 lesson will be focusing on practical athletics skill drills.



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

Dance Club

Year 9
Ms Rostill

Wednesday

Cricket

All year groups
Mrs Ballard
Mr Howard

Table Tennis

All year groups
Mr MacBlain

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

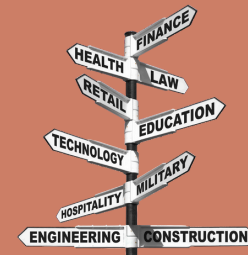
UPCOMING FIXTURES

Tuesday 6 May	Boys - English Schools Athletic Competition	Brimsham Green School
Thursday 8 May	Girls - English Schools Athletic Competition	Brimsham Green School
Monday 12 May	Y9 & Y10 Rounders vs Oasis Academy Brightstowe	Oasis Academy Brightstowe
Tuesday 13 May	Y7 & Y8 Minibus Athletics - Bristol Schools	Kellaway Avenue
Wednesday 14 May	U13 & U14 Cricket	St Monica's
Thursday 15 May	Y9 & Y10 Minibus Athletics - Bristol Schools	Kellaway Avenue
Thursday 15 May	Y7 & Y8 Rounders vs Oasis Academy Brightstowe	BFS
Monday 19 May	Y8 & Y9 Rounders vs Blaise High School	Blaise High School
Monday 19 May	Y9 & Y10 Boys Cricket	Cotham School
Wednesday 21 May	Y7 & Y8 Cricket vs St Bernadette Catholic School	St Monica's
Wednesday 21 May	Y7 & Y10 Rounders vs Blaise High School	BFS
Wednesday 21 May	Y9 & Y10 Boys Cricket	Redland Green 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



EMPLOYER TALK

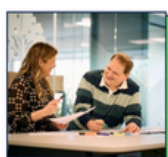
This week we were thrilled to welcome Laura Lloyd, regional finance director at Barratt Redrow, the UK's biggest housebuilder. Laura told students how she started her education at St Mary Redcliffe and Temple School in Bristol, then did a business degree at the University of Plymouth. She started working as an assistant accountant at Barratt Homes in 2006, qualified as a chartered accountant in 2009, then worked through roles including financial accountant, finance manager and finance director, before taking up her current position in 2021.

Laura explained that being a successful accountant in a business is not all about having a head for numbers, but requires a strong set of transferable skills, including being operationally focused and good with people, and being decisive, supportive and resilient. She gave a good insight into her day-to-day duties – “every day is different” – including land bids, revenue reviews, checking on the progress of construction, preparing planning applications and creating business plans, budgets and forecasts.

We also received a lot of useful detail about the range of opportunities at Barratt Redrow. Being a large-scale organisation, there are lots of different departments to choose from. As well as construction (forklift drivers, contracts and construction managers), technical (engineers and architectural technicians) and planning (land managers and planners), there are other departments as well, from sales and marketing, finance and commercial, to HR, IT and legal. Laura took us through the employment programmes at Barratt Redrow, with some interesting Level 2 to 6 apprenticeships on offer in a wide range of occupations, such as level 2 and 3 apprenticeships in trade (bricklayers and carpenters) and technical (surveyors, buyers, engineers and designers), and higher level schemes, including degree apprenticeships, in construction management, quantity surveying, technical design and real estate. There is also a popular graduate programme.

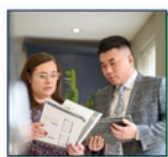
To work for a business that builds 252 new homes a week, employs 6000 staff, and is in the top 30 of Glassdoor's best places to work, could be a good career move. Many thanks to Laura for coming in to give such an interesting and useful talk to our students.

Our Departments. Your Career Growth.



Land & Planning

- Land Manager
- Land Buyer
- Planning Manager
- Planner



Technical

- Engineer
- Design Manager
- Architectural Technician
- Technical Manager



Commercial

- Commercial Manager
- Quantity Surveyor
- Buying Manager
- Buyer
- Estimator
- Scheduler



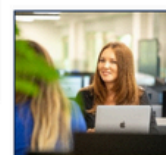
Construction

- Construction Manager
- Contracts Manager
- Site Manager
- Labourer
- Forklift Driver



Sales & Marketing

- Sales Manager
- Senior Sales Adviser
- Sales Adviser
- Marketing Manager
- Marketing Executive



Finance

- Finance Manager
- Accountant
- Purchase Ledger Clerk
- Accounts Assistant
- Payroll Clerk



Group Support

- Safety, Health & Environment (SHE)
- IT
- HR
- Legal
- Design & Technical
- Sustainability



Barratt Redrow

COMING UP...

9 May: Manufacturing (Encirc)

16 May: Cyber Security (Logiq)

23 May: Pharmacy (NHS)

6 June: Police (UWE)

13 June: Optometry

**SAVE
THE DATE**

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.
Thank you!

UNIVERSITIES

Do you want to find out more about Uni?

The Students' Guide to University 2025 is a comprehensive guide to university which will allow you to make an informed choice about whether or not to go to university. It includes articles to help you decide whether university is right for you, what you should study, and where you should study it. Articles have been provided by over 65 university representatives from across the UK, plus expert leaders from outside the sector, such as Martin Lewis, whose guide to student finance is well worth a read.

Discover Bristol

The University of Bristol is launching a new virtual Discover Bristol project for Year 13 students starting in Autumn 2025. Applications have not opened yet, but you can sign up on this [expression of interest form](#) to be notified when applications do open. Successful participants of Discover Bristol will receive a guaranteed contextual offer or interview, depending on the subject. Well worth applying, especially if you are the first one in your family considering going to university or if you are part of a group that historically is less likely to attend university. We don't know much about this programme yet, but if it is like similar programmes they have run in recent years, students from BFS have had great success in receiving very good offers (sometimes two grades below the normal offer) as a result of attending these courses.

University of Bristol Insight Days

If you are in Year 12 and thinking about going to Uni, you may be interested in a University of Bristol Student Faculty Insight Conference. Led by current undergraduate students, these conferences aim to inspire and inform students about studying at university from those who are living the experience right now.
[Find out more.](#)

CAREERS + APPRENTICESHIPS

AON Work Experience

AON, a global professional services firm, are offering their three-day Work Insights Programme to Year 12 and 13 students in Bristol from 2-4 July. Recommended to students interested in careers in the corporate world, especially in business or finance, or interested in exploring apprenticeships after they finish Y13.

Students who participate in the programme will have access to exclusive support to apply for Aon apprenticeships. Deadline has been extended to 11 May.

[Apply here.](#)

Are you a budding architect?

This could be a useful resource if you want to learn more about what it is like to study architecture at University.

[Architecture School](#) introduces you to the essential tools, techniques, and terminology of architectural design. It offers a range of free tutorials that cover the key topics most first-year architecture students encounter.

Interested in a career in Early Years?

This is a [great resource](#) if you are interested in a career in a Nursery/Early Years setting.

Considering a career in psychology?

Explore the fascinating world of psychology with a series of free webinars brought to you by one of the UK's leading psychology departments at Bangor University. Whether you are interested in a single topic or want to join them all, the webinars are tailored to fit your interests. Plus, you will get an opportunity to interact directly with academics during live Q&A sessions.

[Find out more.](#)

COMMUNITY NOTICES



Creative Writing

Remote instructor-led classes
for 11-16 year olds

Unleash your imagination

Creative Writing

Develop your storytelling skills, create believable characters and turn your ideas into great stories.

Thursdays - 5pm to 6pm

Creative Tasters

Explore different types of writing from game writing, poetry to blogging. Find new ways to express yourself!

Thursdays - 6pm to 7pm

FREE
& Discounted
places available

Summer Term: 22nd April to 5th July 2025

Visit our website or email us to find out more

www.ignitehubs.org.uk

Creativewriting@ignitehubs.org.uk

UK Registered Charity 1186658



Cycle Training for Schools



Bristol City Council Bikeability Programme offers schools and youth groups cycle training and activities for all ages and abilities.

Bikeability cycle training for schools & youth groups

- Balance – balance bike training for ages 3-5 builds confidence and balance on 2 wheels at Bristol Cycling Centre using imagination games. £10 per rider.
- Learn to Ride – teaching children to ride without stabilisers. All Ages. £10 per rider.
- Level 1 - for ages 7-9 (Year 3 & 4) introduces basic cycling skills through fun activities in the playground. £10 per rider.
- Level 2 – for ages 9-11 (year 5 & 6) teaches “on-road” skills to enable children to make local cycle journeys. £15 per rider.
- Inclusive Bikeability – Cycling sessions tailored for SEND riders with adapted and regular cycles at Bristol Cycling Centre. £15 per rider

Free cycle hire available for those without bikes to take part – advance booking essential.

These courses can also be delivered at Bristol Cycling Centre with free bike and helmet hire included.

Watch our short video about Bikeability https://youtu.be/c1_16Mr10I

Inclusive Bikeability at [Bristol Cycling Centre - Better By Bike](#)

Inclusive cycling sessions make cycling accessible to all, whatever their age, abilities or needs, using a range of specialist cycles and training at a purpose-built cycle centre with a 400m athletics track and traffic free paths on site.



For enquiries and bookings
Please contact Emma Downey
emma.downey@bristol.gov.uk



**LAST SATURDAY
OF EVERY MONTH,
GREENWAY CENTRE,
12 - 3 PM**



Bring your items to fix, or volunteer to help others to fix theirs. Donations welcome.
Refreshments available.

for monthly details follow us @greenwaycentre

For more info contact Eve,
0117 950 3335
evpayne@southmead.org



We are a member of International
REPAIR CAFE
Foundation

Greenway Centre, Doncaster Road,
Southmead, BS10 5PY. www.southmead.org

IMPERIAL NC Junior Open Trials



TRAINING:
U12 & Dev -
Mon, 6-7:30pm
U14 & U16 - Tues
6-7:30pm

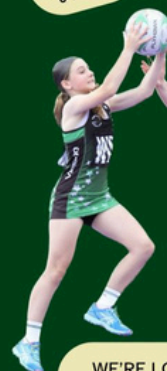
**CITY ACADEMY, BS5 9JH
6:00-7:30PM**

MON 12/5 - U12/U14

TUES 13/5 - U16

MON 19/5 - U16

TUES 20/5 - U12/14



WE'RE LOOKING FOR PLAYERS TO JOIN OUR CLUB! WE WELCOME PLAYERS FROM ALL POSITIONS ACROSS ALL TEAMS. WE OFFER **U12, U14 AND U16** ACROSS BOTH OUR ACADEMY AND DEVELOPMENT PROGRAMMES.

**DEADLINE TO SIGN UP:
FRIDAY 9TH MAY**



Friends of Old Sneed Park Nature Reserve are celebrating their 30th anniversary!



Join us to explore the beauty of Old Sneed Park Nature Reserve through expert guided walks and talks

Saturday 7th June 2025
1pm to 4.30pm



1-2pm Mini-beast hunt with Ray Barnett

Discover the variety of insect species which live on the nature reserve, what they are called, how they live and their significance.
Suitable for children over 5 years and adults

2.15-3.15pm The wonder of trees with Sue & Alister Rankine

An introduction to the variety, benefits and wonder of trees within the reserve.
Suitable for children over 7 years and adults

3.30-4.30pm Plants of Old Sneed Park Nature Reserve with Rupert Higgins & Dawn Lawrence

Discover the everyday and the special plants on the reserve, especially those within the meadows. This talk will include plant identification, plant ecology, history and folklore.
Suitable for all

Booking details

There is no charge for the above talks, however places are limited, so please email outreach.ospnr@gmail.com to reserve your place!

Further details, including meeting points, will be provided after booking.

Please note:
There are no toilets or refreshments on site. All children must be accompanied by an adult.
www.oldsneedparknaturereserve.org - registered charity number 1080376

PAPAYA
Parents Against Phone Addiction in Young Adolescents

In response to the Netflix drama 'Adolescence' and rising parental concern, **Dr Susie Davies** presents:

POSITIVE MASCULINITY

RECLAIMING THE INTERNET FOR OUR ADOLESCENT BOYS AND GIRLS

Wednesday May 14th 20.00-21.30 via TEAMS

Tickets at www.papayaparents.com or via QR code. £3 per household, all proceeds to PAPAYA.

This presentation explores the impact of internet addiction, exposure to explicit content, and shifts in male identity on the rise of 'toxic masculinity.' Dr Davies will discuss positive and practical solutions for supporting our adolescent boys and girls. James Rogers will share his top tips for staying safe online and protecting your children from online harm.

Please note: This webinar is aimed at parents and is not suitable for under-16s. It will not be recorded due to the sensitive nature of the content.

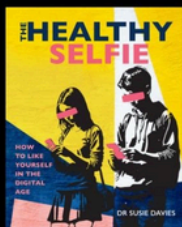


Dr Susie Davies is a GP with a special interest in adolescent mental health. She is the founder and CEO of PAPAYA and is passionate about improving mental health outcomes for today's adolescents.



James Rogers is an experienced cyber security and tech professional with over 15 years of experience in finance, consulting and public sector organisations.

A handbook for teens to help them thrive in the digital age.



'Dr Davies writes with compassion, wisdom, and authority.'

Jonathan Dumbleby, best-selling author and broadcaster

'This is the book I'm going to hand my kids as soon as they become teenagers. It's the print equivalent of a cool, kind and wise big sister, guiding young people through the complexities of growing up in the smartphone-era.'

Daisy Greenwell, Co-founder, Smartphone Free Childhood

Available at thehealthyselfie.co.uk or on Amazon



As you may already be aware, the Netflix series *Adolescence* has been widely discussed over the last few weeks. The show provides a powerful, and at times difficult, look at the digital pressures young people face online and the role parents have to play in their digital wellbeing.

Free Parent Resources

To help, Smoothwall has created a [resource page](#). It is packed with practical advice, conversation starters, and useful insights to help parents navigate the various challenges the series brings to light.

From setting boundaries around screen time to processing upsetting online content, the resources are designed to give parents the tools and knowledge to take the next steps in supporting their child's digital wellbeing.

