

Weekly Update



Extra-curricular activities during week commencing 26 September 2016

Please see attached update on the clubs for this term.

Fixtures:

Tuesday 27 September—Y9 rugby festival at St Bedes

Wednesday 28 September—Y10 rugby v Cathedral School (away)

Thursday 29 September—Y7-10 netball V St Bedes (away) and Y11 rugby V Oasis Academy Brightsowe (away)

Club Cancellations

Students wishing to attend extra-curricular sports clubs need to check the display (on the whiteboard in the sports hall window) in advance of the club as this indicates where clubs are cancelled. Notices will no longer go out in tutor trays to inform of any clubs not running.

Words from the Headteacher

Three weeks in and things are picking up pace with the first of our fixtures (and epic match reports) taking place. We've also had ClubFest, a new and exciting week of additional enrichment activities for all students. We have run an array of amazing activities, including a dressmaking special and our pop-up Comic Book Philosophy club. It's a springboard for students to leap into our enrichment programme, making the most of the opportunities available throughout the year.

I was pleased to welcome in Year 11 parents on Thursday to our brand new Sixth Form building for a curriculum presentation led by Mr Collis and Mrs Jenkins. The Powerpoint is available on our website. I discussed several elements at the start, perhaps most importantly the shift to linear exams. For this year group, coursework plays a vastly diminished role, it's all about writing against the clock and producing enough work in the allocated time. There is no drafting and redrafting, merely the pressure of reproducing content and showing skills on the day, in the exam room. If there is one clear thread from our Year 10 exams, it's not that students didn't know what to do, it's that they didn't write enough. In order to factor in more time to develop these skills and grow confidence, we will be making some changes to tutor time, creating additional study groups and making full use of our period 7 timetable. More details to follow with a full launch a week on Monday.

Fixture of the Week

Our intrepid Year 9 rugby team took part in a tournament this week against RGS, Orchard and Bristol Met, taking place in a slightly unsavory setting, deep in the heart of Bristol's northern quarter at Orchard School. The playing surface left a little bit to be desired, more waste-ground than memorial ground. Sharp objects lurked amidst the primordial prairie whilst one student's balletic waltz down the wing was interrupted by a tap tackle from a decomposed and badly flayed cat's front leg. Such stuff are dreams made on. Or nightmares. The severed moggy forearm was ejected from the pitch, a votive offering to a sinister deity. Fortunately, no further feline femurs were found.

Our arch-enemy, the brooding wildling menace of RGS, took the honours in the first game, narrowly edging ahead despite wondrous tries from Gabriel Simmonds and Jor'Dhan Watson Wilks. After several bone-shakingly abrupt tackles and more than one 'big hit' the crunch match with Orchard ended honours even. Joshua Godfrey scorched through the gaps to crown an effervescent display of moving and shaking, whilst Louis Hartley defied the legions of punch-drunk attackers and the laws of physics with a profound and visceral acceleration.

In the final fixture, Bristol Met encountered the full force of the famous Free School foot-soldiers. Mason Allen plundered two tries in piratical fashion, Jor'Dhan and Josh bagged another one each and Alex Blacker added his name to the list of scorers in fine solo fashion. The end was nigh, and we finished second to Orchard overall, a worthy result and a firm foundation to build upon.





Save the Date

FoBFS's annual get together is on the **12 October at 8pm** in the new 6th Form block. We will be joined by Mr Jones, who will be giving a brief update on the year and be available for questions. Drinks and nibbles provided, we look forward to giving you an insight into what our PTA is really like...

Key dates for next week	
Please see the calendar at www.bristolfreeschool.org.uk for other important dates	
Monday	
Tuesday	
Wednesday	Open Day and Evening for New Y7 Parents
Thursday	
Friday	Y7 Activity Evening TGs 1, 2, 5, 6, 6pm

Science Club

Science Club kick started a new year by creating some amazing Brush-bots! Using some basic circuitry and a humble dustpan and brush, we made some incredible designs which swept us off our feet! The winning robot 'Spiderbot 3000' brushed away the competition, but well done to everyone on their eye catching robots!



Dan with the winning Spiderbot 3000 (left) and Finlay (right)

Wildlife at BFS

Outdoor Club gathered on Wednesday to plan how we are going to shape the outdoor environment at BFS. We started by making and hanging some bird feeders and came up with ideas to track and identify our local wildlife. We went out to the school pond to scope out the lay of the land, and started to think about how to improve and build upon the conservation area. Next up, we will be placing camera traps, building bug and bee hotels, and starting the next phase of pond construction.

Follow the Yellow Brick Road

Auditions for The Wizard of Oz will take place on Tuesday 27 September at 3:15pm. Practice those heel clicks and follow the Yellow Brick Road, because dreams really do come true.

Children and Alcohol

Do you sometimes wonder how to talk to your children about alcohol? Public Health Bristol has added a new section to the 4YP for Parents website to support you with this. It gives you information and advice and provides activities that you can share with your children. You can find it all at <https://www.4ypbristol.co.uk/for-parents/for-parents/alcohol/>

In fact, most teenagers don't drink alcohol and those who do usually don't drink it very often, but a new report shows that some teenagers in Bristol drink more than their peers in other parts of England. This can cause problems for their health both now and in the future.

As a parent or carer **you** are in the best position to help your child stay healthy and safe. Research has shown that it is important for parents to have conversations with their children about the enjoyable side and risky side of drinking alcohol and that this can help children to stay safe. Ideally these conversations should begin before they start drinking, but it's never too late, and you can still talk to them, even if they are drinking already.

Once you have visited the website and read all the information about alcohol and teenagers please click on the section called 'Was this useful?' to tell us what you think.

You may also find some of the other 4YP pages for parents helpful. You can find them at <https://www.4ypbristol.co.uk/for-parents/>



Follow us on Twitter:
@bristol_free



Extra – curricular Timetable

September 2016 Terms 1 and 2

3:15 - 4:30pm

Day	Activity	Staff	Room
Monday	KS4 Fitness	Mr Cosgrove	Sports Hall
	Classics (From October)	Ms Walsh	C035
	Fencing	Bristol Blades	Dining Hall
Tuesday	Latin GCSE year 2 (From October)	Ms Walsh	C035
	Boys' rugby (Year 7)	Mr Tolman and Mr Mitchell	Field
	Girls' football (Y9, Y10 & Y11)	Bristol Rovers	Field/MUGA
	Boys' basketball (Y8 & Y9)	Mr Cosgrove	Sports Hall
	Textiles Club (Y7 & Y8)	Ms West	Textiles
	Art Club	Ms Dawson	C025
	Photography club	Ms Marsh	C024
	Geography of Food Club	Ms Davies and Mr Dayment	Food Room
	Grok Quest Challenge (from term 2)	Ms Sherman	C041
	School Musical	Ms Clifton, Mr Pate and Ms Green	Drama Studio
	Poketeering	Dr Cooper and Ms Nicolas	C127
	Italian Club	Ms DiMartino	C027 h
	Science Club	Science Team	C148
	Model United Nations	Ms Chim	C034
Yr 10 Young Enterprise	Mr Aldridge	C105	
Wednesday	Latin GCSE year 1 (From October)	Ms Walsh	C035
	Boys' basketball (Y10 & Y11)	Mr Cosgrove	Sports Hall
	Boys' rugby (Y8 & Y9)	Mr Tolman and Mr Truan	Field
	Girls' netball (Y7 & Y8)	Ms Exton, Ms McInnes and Ms Archer	MUGA
	Orchestra	Ms Collins	Music Room
	Folk Band	Mr Pate	Ensemble room
	Year 9 Punk Band	Mr Pate	Ensemble room
	Outdoor Club	Dr Cooper, Ms Board and Ms Archer	C127
	Commercial Dance	Ms Freitag	Dining Hall
	Macbeth Rehearsals	Mr Collis	Drama Studio
	French Film Club	Ms Burrell	C040
Yr 12 Young Enterprise	Mr Mitchell	C140	
Thursday	Boys' rugby (Y10 & Y11)	Mr Tolman and Mr Walker	Field
	Boys' basketball (Y7)	Mr Cosgrove	Sports Hall
	Cross Country (All years)	Ms McInnes and Ms Barley	Sports Hall
	Girls' netball (Y9, Y10 & Y11)	Ms Collins, Ms Nicholas and Ms Archer	MUGA
	Street and Hiphop Dance	Ms Freitag	Drama Studio
	Jazz Band	Mr Pate	Music Room
	Junior Jazz Band	Ms Green	Ensemble room
	Dressmaking (Y9 & Y10)	Ms West	Textiles
	Craft Club	Ms Camp-Crates	C043

Thursday	Warhammer School Alliance	Mr Fernandes	C139
	Wellbeing Club	Ms Young	C119
	Flying Start Challenge (Starts term 2)	Mr Keen	Res Mat
Friday	Sports Academy	Mr Tolman	Sports Hall

Clubs in red are fortnightly and only happen on red weeks, clubs in blue happen on blue weeks only.

Lunchtime activities There are also extra-curricular opportunities taking place at lunchtimes.

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch 1 (KS3)	Music theory Music Room	Recorder Ensemble Music Room	Band Academy Music Room	Dynamics Choir Music Room	Junior Choir Music Room
Lunch 2 (KS4)		6 th Form Choir Music Room	Chamber Choir Music Room	New Pals for Nepal C139	Science Forum D016



Description of clubs and activities

Art Club: Art club will enable you to try a range of exciting things you might not get a chance to do in lessons such as marbling, clay, and larger scale work. Alternatively, you can work independently on your own creative projects. Come and get your hands dirty!

Band Academy: Form bands and make music with your friends. All welcome!

Basketball: Open to students who want to represent BFS in fixtures and competitions as well as those who want a purposeful and fun physical activity with friends to build skills.

Chamber Choir: A more challenging choir group for KS4 students only singing multi part folk, pop and classical pieces from sheet music. All welcome by audition - ask Mr Pate for details

Classics: Look back at the culture of the ancient Greeks and Romans to discover the origins of modern civilisation and learn a little ancient Latin or Greek. Follow the quest the Odysseus whilst learning about the history, geography and language of the ancient great thinkers. This club will lead on nicely to the Latin or Classics GCSE.

Commercial Dance Club: This class utilises performance qualities from street disciplines such as hip-hop and funk styles whilst using the techniques of jazz and contemporary. It is a strong style danced to the latest chart hits like Clean Bandit and Beyoncé through to more formal Jazz as seen in West End Musicals like Chicago and Cats. Learn to strut your stuff like a True Diva!

Craft Club: Make cards for every occasion, learn how to make homemade gifts and do a little bit of scrapbooking!

Cross-country: Cross-country will give students the opportunity to challenge themselves in an outdoor environment, aiming to improve and develop their level of fitness through running a number of different courses and tracks.

Dressmaking - Open to year 9 and 10 students; come and learn how to make garments that you can actually wear. You will be able to build on the skills and techniques that you have learnt in your textiles lessons to produce professional looking clothing tailored to your own design ideas

Dynamics Choir: BFS' main school choir is a big group of our elite singers from across the school. We sing pop, rock and gospel songs in fun 3-part harmony. No previous experience necessary but must be an enthusiastic singer! Auditions will take place in the first term.

Fencing: Under the coaching of professionals from Bristol Blades, fencing is one of the safest sports around. Using lightweight, blunted swords, the challenge of hitting your opponent without getting hit yourself is more about mental agility than sheer strength and power. Kit will be provided but places are limited and there is a charge of £4 per session to be paid at the start of each term. Term 1 and 2 will cost £48. Pick up a letter from reception.

Flying start challenge: Flying Start Challenge is an engineering competition in the South West of England run by eight aerospace companies. In groups of 4, you will design, build and test a model glider that you will present at the regional Fly-Off. At the Fly-Off each team will have the chance to fly their glider against schools from the same region.



Folk Band: BFS' exciting new supergroup for 2016 made up of fantastic musicians from across all year groups play folk songs, from traditional Celtic pieces to Mumford and sons and the like. Ask Mr Pate if you would like to audition.

Football: Open to students who want to represent BFS in fixtures and competitions as well as those who want a purposeful and fun physical activity with friends to build on skills.

French Film Club: Prepare to laugh, cry, feel moved and sometimes pretty weirded out with French film club! Every week an instalment of a fantastic French film. First up is... **Hors de Prix** ('Priceless'). Comedy – Through a set of wacky circumstances, a young gold digger mistakenly flirts with a mild-mannered bartender thinking he's a wealthy suitor. Other films to be screened include... Asterix and Obelix, A cat in Paris and The diving bell .

Geography Food Club: Geography and Home Economics are joining forces to allow you to create some of your favourite dishes from around the world! What better way to end the day than by cooking up a storm in Mumbai or whisking up some delights in France? Not only will you get the chance to cook some tasty treats, but there's also an opportunity to learn about the countries and cultures behind them too. We'll look at the origins of recipes and also how the food you eat has made its way to your plate.

Grok Quest Challenge: Grok Code Quest is a friendly five-week competition where thousands of school students come together to learn to code. There are three competitions throughout the year, one with BBC Microbits, one using Blockly (visual programming) and one using Python (text programming). Open to years 7-9. No previous experience required.

Italian Club: Students will have the chance to learn Italian, understand more about Italian culture and art treasures and explore the links to Latin grammar.

Macbeth rehearsals: The cast of Macbeth will be rehearsing for their production in the prestigious Shakespeare Schools Festival at the Tobacco Factory Theatre in late November.

Jazz Band: Our Jazz Band "Treble Bass" have performed in many exciting venues around the city, recorded CDs, music videos and more! Made up of incredible musicians playing jazz standards, 2016 will see many more exiting performances from Treble Bass! By invitation only. There are openings available for brass players - see Mr Pate if you play a brass instrument.

Junior Choir: For year 7 students only - come and sing some fun songs together in many different styles. All welcome!

Junior Jazz Band: Have you been wowed by Treble Bass' performances and want to be a part of it? Why not try out for our Junior Jazz Band! See Miss Green about auditioning for a part!

KS4 Fitness: For GCSE PE students and sports teams members. To raise fitness levels required for team sports.

Latin GCSE: Latin offers many rewards to its students such as improved spelling in English and an increased likelihood of success in modern languages. This is open to years 9-11. Talk to your Languages teacher if you are interested in this.

Model United Nations: Learn about the issues which affect your world and develop your powers of leadership and negotiation in this simulation of the United Nations. You'll get the chance to represent different countries at MUN conferences and engage in lively debate with other schools.

Music Theory: For those who want to brush up on their theory skills! Excellent for anyone working towards a formal theory exam, studying (or planning to study) GCSE music, or who just wants to brush up on their theory skills! Takes place during KS3 lunch - KS4 students who wish to attend should speak to Mr Pate. Starts 26 Sept

Netball: Whether you want to represent the School in fixtures or just love the sport, come and take part in a fun and energetic game which is enjoyed by over one million people every week.

New Pals for Nepal: This club is looking to strengthen the current link with our partnership school in Nepal, in Singdi village, which some students have already visited when at Westbury-on-Trym primary school. We want to make sure this is a long term partnership which will become embedded into the curriculum and culture at BFS, so are looking for students who are keen to help shape this happen! Will be aiming to do this by setting up new friendships between students from either school, fundraising ideas and initiatives (pens for poverty and more!), sharing of resources and other initiatives which students might come up with.

Orchestra: BFS' main instrumental group plays fun pieces in a variety of styles including film themes, band pieces, iconic classical tunes and more! Do you play a stringed instrument? What about woodwind, brass or percussion? Then we want you! All players welcome whatever your ability - come and give it a try!



Outdoor Club: Ever wanted to know what food you can safely collect and eat? Want to know how to grow your own veg? Love being outdoors? Join us in outdoor club and you'll grow food, build bee hotels, learn bushcraft skills and help to look after the school's pond and allotment.

Photography club is an exciting opportunity to experiment with both digital and alternative photographic processes. You can build your very own pinhole camera, get creative developing your own lumen prints and learn how to create different effects in Photoshop.

Poketeering: Like Pokemon but just haven't quite caught them all? Come along to explore the local area and learn how to use a map to catch those elusive creatures. You will be working in pairs so don't worry if you do not have a phone.

Punk Band: Year 9 punk band newly formed for 2016! By invitation only - ask Mr Pate for more information

Recorder Ensemble: Recorder players wanted of any ability level! Fun multi part songs to play in a group. We even have a bass recorder. It's massive. All welcome!

Rugby: Open to students who want to represent BFS in fixtures and competitions as well as those who want a purposeful and fun physical activity with friends to build on skills.

Science Club: Have you ever wanted to shoot a potato using the explosive power of hairspray? Have you ever turned your phone in to a microscope? Do you want to find out why toast always lands butter side down? Do you want to find out who our wildlife neighbours are? Come along to Science Club for all this fun and more.

School Musical: Rehearsals for this year's school musical. Previous productions have included Oliver! Bugsy Malone and Grease. Auditions coming soon!

Science Forum: A fortnightly forum open to all year 12 students. Each session will focus on a recent development in physics, chemistry or biology and will be a chance to discuss the latest scientific news. We will also have special guests from a range of science based careers to talk about their own experiences.

6th Form Choir: Group singing pop and gospel songs, a enjoyable and relaxing break from studying in the middle of the day! All welcome!

Sports Academy: For selected Year 8 and 9 students by invitation, to practise advanced skills.

Street and Hip-hop Dance: This class is a mixture of the urban grooves of Hip-Hop, Street, RnB, popping, locking and breakin as seen by artists on the latest commercial music videos. Bust your moves to Nicki Minaj, DNCE, Justin Timberlake and many more current stars!

Textiles Club: Open to year 7 and 8 students; weather you've never used a sewing machine or are an embroidery guru all are welcome. Come and have a go at making a range of products using new and exciting textiles techniques and materials.

Young Enterprise: You make all the decisions about your company supported by a Business Adviser: raising initial share capital; designing your product or service to selling directly to customers and ultimately winding up the company and paying your taxes. Find out what it's really like to set up and run a business and learn practical skills.

Warhammer School Alliance: Learn to paint and build models. Students who have their own models should bring these with them. We also play all kinds of Sci-fi or fantasy board-games.

Wellbeing Club: This club will be focussed on learning about and practicing wellbeing. This may include healthy eating, emotional management, positive thinking, exercise, helping others, emotional resilience and happiness psychology. The running of the club will be assisted by the Wellbeing Ambassadors. It is a club for you if you are interested in learning more about what can make us happier healthier people.

In addition to this extensive programme of activities, homework club will run from Monday – Thursday, 3.10 – 4.30 pm in the LRC. This is an opportunity for students to do their homework alongside their peers, with the added bonus of knowing that teachers are on hand to help when support is required.