



# Weekly Update

There are no extra-curricular clubs in the first week of term.

However, music tuition will continue.

## Cyber-Safety during the break (and beyond)

Encourage your child to follow these simple rules to help them stay safe online...

### Be SMART

**SAFE** – don't give out personal information such as your email, phone number or name.

**MEETING** – don't meet with people you have only spoken to online.

**ACCEPTING** – email and IM messages or opening files, pictures or text from people you do not know or trust can lead to nasty problems as they may contain viruses or nasty messages.

**RELIABLE** – information on the internet is not always true! People on the internet are not always who they say they are.

**TELL** – your parents or a teacher if someone or something cause you to feel uncomfortable or worried. Tell someone you trust if someone you know is being bullied online.

Easter Revision Session letters have gone home to all Year 11 students at the end of today to ensure they know which session they should be attending.

Please pin it to your fridge!

## Words from the Headteacher

Today is STEM day, our annual 'big day' dedicated to Science, Technology, Engineering and Maths. As such, I find myself once again marooned on the Red Planet, looking out over the desolate Martian landscape and wondering how I can get back to the safe, comforting environs of Concorde Drive. I feel comforted by the knowledge that within the Science Campus of BFS, our hardy students are working around the clock to find ways to prolong my survival in this brutal other world, where life and death are separated by the skeletal fabric of my temporary habitat.

There are some advantages to my exile; the low-gravity has made it much easier to commute by bike; low air viscosity and resistance have meant I've bagged a few PBs and have shot up the Martian Strava (Marva) leaderboards. This has made it worth the 2 year journey, even if my achievements are undermined slightly by being the only cycling commuter on Mars.

I have also become a keen gardener, using hydroponics to grow potatoes, recycling poo in order to provide sustenance for this life-saving crop. It is not a technique I will recommend to Chris in the canteen just yet, even if it does add depth of flavour to this most colourless of crops. I have managed to source some protein through eating insects; leftovers from my space experiments conducted on the journey to Mars. I can confirm that silkworms are not particularly tasty, although I am unclear as to whether they constitute a violation of my previously strict vegetarian diet. Students are conducting further research back home to ascertain whether this is a viable diet for the future. They have also been working as Palaeontologists, trying to undercover evidence of life within the unforgiving topography. Even the discovery of a microbial organism would represent an end to this terrifying solipsism. I would no longer be alone!



I await the outcomes of the day's endeavours from the incredible students of BFS, working to solve each of the tough STEM challenges and rescue their Headteacher, and I look forward to making it back in time for the GCSE exams in 2019.

Meanwhile, back on Earth, yesterday we held our Year 7 parent induction evening. The full PowerPoint from the evening is now up on our [website](#), with confirmation of dates and all of the key details. It is an exciting moment as we kick-start the journey towards welcoming another cohort of students into the school in September.

Paul Jones

**Body Image Movement**

One of our own parents is currently involved in 'The Body Image Movement' and is hosting a screening of a powerful documentary film called 'Embrace' in The Odeon cinema in Bristol on the 27 April at 6:45pm. The film documents a woman and her personal journey towards the acceptance of her body and her realization that striving for an unattainable ideal is not a useful pursuit. Tickets for this event are selling out rapidly and as such, there may be scope for us to arrange a screening at school.

Here is a link to the [trailer](#).

**Digital Leaders deliver e-safety workshops at Westbury C of E Academy**

After 6 weeks of planning, our team of Digital Leaders successfully delivered a range of fantastic workshops to Years 3, 4, 5 and 6 at Westbury C of E Academy.

Our Digital Leaders, consisting of 8 year 7's and 1 year 10, had numerous working lunches to prepare information and activities in three teams to ensure a wealth of information, advice, support and guidance to intrepid and enthusiastic young neighbours. I am pleased to report that every single year group and all teachers involved enjoyed all the activities which included iPad challenges teaching how to use devices safely, how to spot fake profiles, password strength checking challenges and quizzes.

All the Digital Leaders delivered confident and professional presentations and were outstanding ambassadors for BFS and feedback from Cathy Milton (Headteacher) and Chloe Lougher (Yr3 teacher and E-Safety Co-ordinator) at Westbury C of E Academy was so positive that they have already booked us to deliver sessions to parents in June, and St Ursula's E-Act Academy got in touch the very same day to enquire about our services. Very well done and I am very proud of each and every one of them.

*Mrs Sherman*

Key dates for next week	
Please see the calendar at <a href="http://www.bristolfreeschool.org.uk">www.bristolfreeschool.org.uk</a> for other important dates	
<b>Monday 24 April 2017</b>	Inset day—school closed to students
<b>Tuesday 25 April 2017</b>	Girls basketball vs Patchway, away
<b>Wednesday 26 April 2017</b>	Eating for Learning workshop, 6pm, LRC2
<b>Thursday 27 April 2017</b>	Tennis Ambassador training, 12:30pm
<b>Friday 28 April 2017</b>	



**Red Nose Day**

Red Nose Day 2017 saw the Wellbeing Ambassadors embrace one of the five ways to wellbeing in giving their time and effort to help a charity. Ben Beggs, Sam Carling, Heather Carling, Zoe Gibbs and Ellie Brotherton took on the challenge of organising a cake sale and activity stand. They raised over £100 pounds and saw a number of KS3 student enjoy winning prizes. Thanks to everyone who brought in cakes and gave money.

In addition to this, a number of students took it upon themselves to raise money by completing a sponsored silence. Daisy Dent, Joe Connolly, Pip Ramsden, Talya Waters, Maddie Rupprecht, Katie Floyd, Kelsey Chapman and Madi Stone collectively raised a staggering £298.88.


Giving to others is a very important part of being in a school community as well as improving your own wellbeing. It is wonderful to see so many students wanting to spread kindness and generosity at Bristol Free School.

**PE Lessons during Summer Term**

We will not be able to offer swimming lessons in PE to Year 7's this year as we have been unable to secure the provision at David Lloyd leisure centre.

Students can look forward to athletics, rounders and tennis in the summer term.

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