

Dear Parents/Carers

## Words from the Headteacher

Wednesday 20 May was National Thank a Teacher Day and we were able to share many of the appreciative, positive comments that we have received with the whole of our amazing staff here at BFS. I would also like to thank you for all your support with the remote home learning tasks. We have been tracking engagement very carefully since the Easter holiday, which is very high and not at all typical of what is being reported nationally, that up to a third of young people are not engaging with their home learning. It has been a term like no other and to everybody's credit we have adapted quickly and positively. So thank you to the whole BFS community who have worked so hard this term.

Sadly we say goodbye to our Subject Leader for Art, Mrs Dawson. Mrs Dawson is one of the original founding teachers of BFS. She has established a highly successful Art department and inspired hundreds of young people at our school for nine years. She leaves us to focus on a new venture and her passion for Art. The colourful mural in the dining hall will be a lasting legacy created by her extra-curricular art club. We thank her for her huge contribution to BFS and wish her every success.

I hope you enjoy this newsletter which once again shows that school closure and global pandemics cannot dampen the BFS spirit. We really love the photos you send in and stories of what students have been up to. I have noticed how during this time of lockdown we have seen a spike in creativity. The D&T, Music, Art and Drama departments have been sharing with me the fantastic variety and quality of projects that students have been doing whilst at home.

I have asked teachers not to set work over half term because we all need some time to recharge and prepare for what happens next.

Enjoy your half term and 'Happy Eid' to all our Muslim families. Please be safe and we will start to prepare the school for a gradual opening in Term 6.

*Mrs S King, Headteacher*



On national "Thank a teacher day" we shared some of the many positive comments we have received in our recent surveys.

This is a tribute to Team BFS - all of us working together to support our students in a challenging and ever changing situation. It applies to everyone in the staff body; none of this would be possible without our fantastic support staff team.

I think school and teachers are doing a fantastic job and would just like to say thank you for your hard work. Thank you for continuing to support us.

**The pupil and parent support and communication has been a credit to the staff and Mrs King so far. Thank you for all you are doing and have done in such difficult circumstances.**

**Many thanks to all the staff for keeping the schools open over the last few months.**

**We appreciate all that has been done during the lockdown.**

**School has been amazing in getting work sorted for all the children, well done to all staff, your constant ability to still educate our children is so very much appreciated.**

**Just a big thank you for the fast and ongoing response to this situation and coping so well. You have kept us informed as best you can and worked hard to take the pressure and stress of the children**

**We are impressed with the work and effort put in by all teaching staff at this time. Many thanks.**

## Maths Enrichment Padlets

### Announcing our new Maths Enrichment Padlets: Be Inspired and Have Fun (for Year 7-11)

For keen young mathematicians out there looking for some maths inspiration, look no further! We have compiled a selection of links and resources for you to explore and have fun with in your own time over half term. Including a podcast on the history of maths, some crazy calculator tricks, an article about the 17 equations that changed the world and a maths challenge to complete around the home, you'll find something for everyone! Follow the link below:

<https://padlet.com/tprobert/j52arx5p997ct3fo>

### Maths Enrichment for A-Level

There is also a Key Stage 5 Maths Enrichment Padlet for Sixth Form students studying maths or maths-related subjects, with important links to documents and videos. Follow this link to find out more:

<https://padlet.com/tprobert/fehrou4xc2ysmrdrw>

For any questions or feedback please email Head of Maths, Mr Cousins, at [n.cousins@bristolfreeschool.org.uk](mailto:n.cousins@bristolfreeschool.org.uk)

## 2.6 Challenge—Outstanding Achievement

Congratulations to Theo H (Y8) and his sister Maddie (Y6) who took part in the 2.6 Challenge and raised nearly £1400 for St Peter's Hospice.

Theo chose to cycle up and down Parys Lane 100 times over 10 days.

Maddie ran 2.6km each day for 10 days.

This is an amazing achievement and one you should be very proud of.



## Book Recommendations



Ready Player One: Set in a dystopia in 2045, follows protagonist Wade Watts on his search for an Easter Egg in a worldwide virtual reality game, the discovery of which would lead him to inherit the game creator's fortune. A gripping sci-fi read!

*Ms Huzzey, Teacher of RP, Psychology and PSHE*

The **Once** book series by **Morris Gleitzman** includes books **Once**, **Then**, **Now**, and several more. **Once** is the **story** of a young Jewish boy who is determined to escape the orphanage he lives in to save his Jewish parents from the Nazis in the occupied Poland of the Second World War.





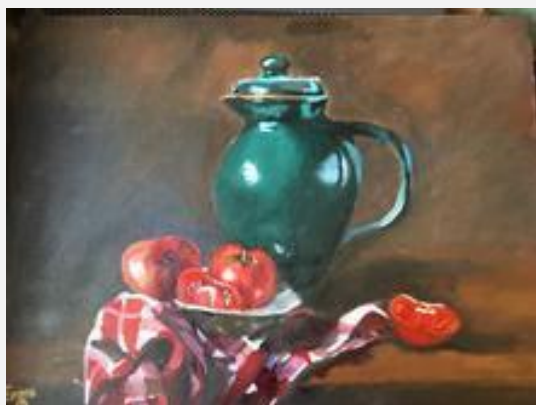
## RWA Alternative End of Year Show

At this unsettling time, pupils have experienced disappointment at their schools abruptly closing and their GCSE and A Level art work not getting finished or displayed.

In order to support and champion these young artists, the Royal West of England Academy has curated a digital show of their impressive and accomplished painting, drawing, photography and sculpture. The selected entries are from students in Year 11 and Year 13 across Bristol and the South West.

Amongst them, you will find some amazing work submitted by two of our Year 11 students—Ema N and Zena W. Well done and congratulations!

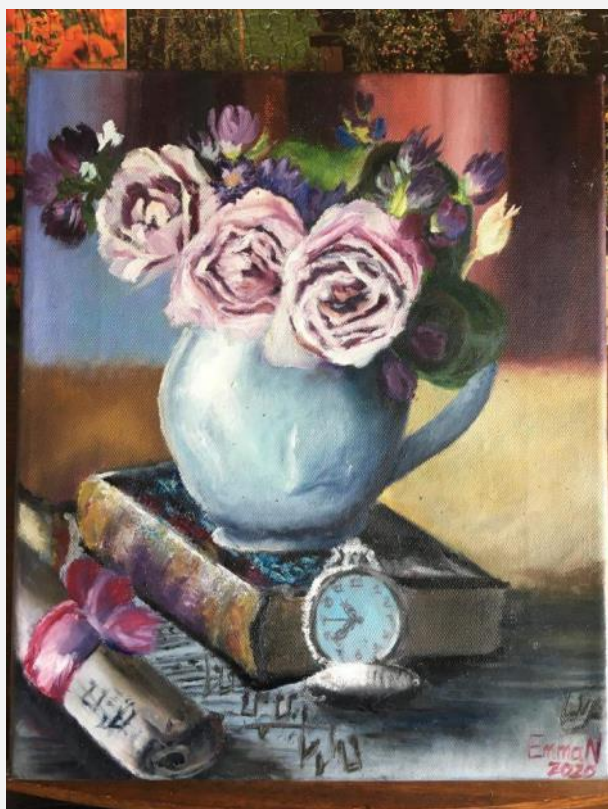
Use this link to access the digital show [https://shop.rwa.org.uk/collections/alternative-end-of-year-show?fbclid=IwAR1dSgmUHhREzG09FJP\\_8lp25rDkLqSkbdgqUAiow8Kfp7aRX2CcS5IXgTO](https://shop.rwa.org.uk/collections/alternative-end-of-year-show?fbclid=IwAR1dSgmUHhREzG09FJP_8lp25rDkLqSkbdgqUAiow8Kfp7aRX2CcS5IXgTO)



Ema N Y11

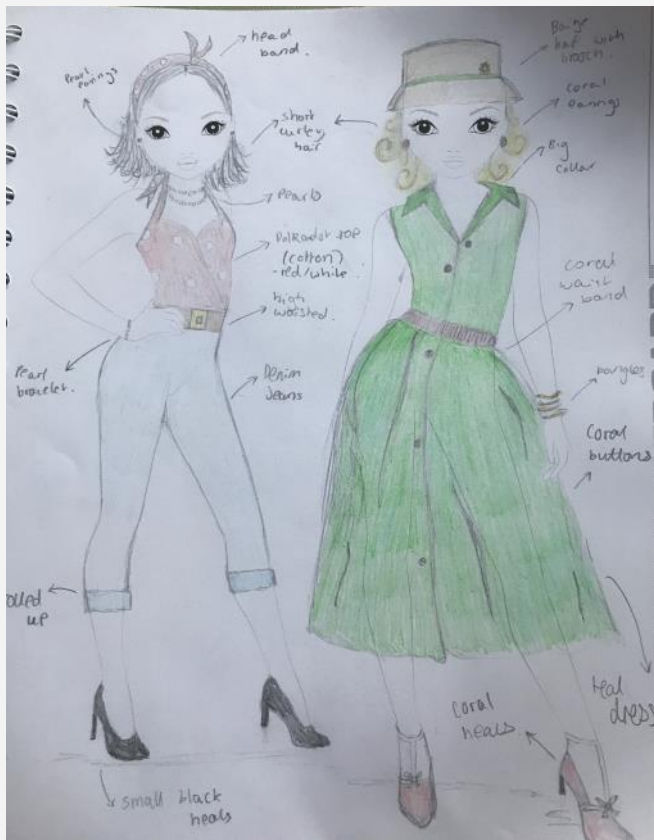


Zena W Y11



# DT Rotation

For the most recent DT rotation, students had to research a decade and designer and create a capsule collection inspired by their research. Here is a small collection of the fantastic design work produced.



Georgia S Y9



Max C Y8





Welcome to the Eco-Club corner of this week's BFS newsletter.

The Eco-Club have been meeting every Friday lunch time in their own time to help the school become more eco-friendly. This week, they have been busy behind the scenes preparing some activities that can be done at home that are in line with the current school wide Eco-focus. Why not get involved and send us a photo of your creations so we can put it on our Eco-Board!

### Biodiversity

If you have ever wondered how to attract more biodiversity into your garden then check out how to make a bug hotel. Straight from the master mind young ecologist, Jack A (Y8), building a bug hotel is a creative task that can be highly rewarding – as well as getting rid of excess garden waste too!

<https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/build-a-bug-hotel/>



### Waste



No doubt you'll have some items of furniture that may be in need of a refresh. Rather than throwing things out or creating more waste, the super creative trend of Upcycling will allow you to breathe new life into items you would never have dreamed of.

<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g139/genius-upcycling-ideas/>

### Healthy Living

If you have run out of flour or the patience to bake then why not try your hand at some of these incredibly tasty and healthy meals. One of our personal favourites is the Thai Sweet Potatoes with Peanut Drizzle.

<https://www.acouplecooks.com/28-day-healthy-meal-plan/>



Last of all, the Eco-Club have a small selection of documentary and series suggestions that you absolutely must watch if you are going to watch TV!

- Before the flood Netflix)
- Our Planet (Netflix)
- Night on earth (Netflix)
- Chasing Coral (Netflix)
- Planet Earth (BBC iPlayer)

## Student Workout Diaries

Mrs Wynne-Jones is very pleased to have received more KS3 and KS4 student workout diaries and seeing how students are keeping active whilst at home. She is looking forward to sharing more with you after the half term. In the meantime, stay active and keep fit.

### Training diary

Sunday: 32 mile bike ride with dad  
5 min swim exercises

Monday: 7.27km steady run  
1hr swim club workout

Tuesday 30 min hiit session swim club  
5min technique exercise swim club  
Short walk with mum

Wednesday yoga with swim club  
1hr workout with swim club  
1hr 20min turbo session with cycling club followed by short run for brick work

Thursday 45min boxercise session (swimming club made me do did not enjoy)  
15min technique exercise swim club  
30 min interval run session

Friday 30min joe wicks (swim club made me do)  
1hr workout with swim club  
1hr turbo session

Elen R Y8

Date	Saturday 2nd may
Workout	cardio workout
Duration of activity	40min
RPE (1-10)	9
Additional notes/ideas	
Date	Sunday 3rd may
Workout	Strength workout
Duration of activity	30 min
RPE (1-10)	8
Additional notes/ideas	
Date	Monday 4th may
Workout	Joe wicks
Duration of activity	30min
RPE (1-10)	7
Additional notes/ideas	
Date	Tuesday 5th may
Workout	cardio workout (Fit app)
Duration of activity	40 min
RPE (1-10)	8
Additional notes/ideas	
Date	Wednesday 6th may
Workout	cardio workout (Fit app)
Duration of activity	40min
RPE (1-10)	6
Additional notes/ideas	
Date	Thursday
Workout	Cardio workout (Fit app)
Duration of activity	40min
RPE (1-10)	7
Additional notes/ideas	

Annabelle W Y8

Any questions please email [b.wynne-jones@bristolfreeschool.org.uk](mailto:b.wynne-jones@bristolfreeschool.org.uk)

## Wesport Virtual Summer School Games 2020

### School Games Schedule

1st June: Athletics (Speed Bounce Challenge)  
8th June: Netball (Around the World Challenge)  
15th June: Gymnastics (Tuck In, Tuck Out Challenge)  
22nd June: Tennis (Tap Up Challenge)  
29th June: Cricket (Catch and Clap Challenge)

7th July: School Games Celebration!

Each week we will post a new challenge video on a Monday at 10.00am.

Our Young Leaders will demonstrate the activity and let you know the rules. All you need to do is practice the activity and get a member of your family or teacher to record your results of the challenge and submit your best score by 11.59pm on the Sunday.

We would love to see any pictures or videos of your challenge attempts! Tag us on Social Media @WesportAP #WesportVirtualGames

The virtual challenge is an activity that you can do in your home, yard or garden or at school and gives you the chance to achieve your personal best and take part with other children from across the West of England!

Developed in association with your local School Games Organisers and Young Leaders from Ashton Park School, and supported by our School Games Ambassador- Simran Kaur, Great Britain Para Athlete!



We will be releasing a new challenge each week via our website:

[www.wesport.org.uk/active-education/school-games](http://www.wesport.org.uk/active-education/school-games)  
and on social media @WesportAP



Active Schools Are Stronger Schools



# Virtual Summer School Games 2020

**In collaboration with our local School Game Organisers we are excited to announce the Virtual Summer School Games launching on 1 June!**

For 5 weeks leading up to the original planned Summer Multi-event on the 7 July, Wesport will be launching simple weekly challenges, inclusive for all to take part in. **Please see attached flyer**

The 60 second challenges will be linked to 5 sports: Athletics, Netball, Gymnastics, Tennis and Cricket with local sporting athletes and young leaders demonstrating videos and explaining the rules. Each challenge will be accompanied with a challenge card for download.

- Designed so children can take part at home or at school, with little or no equipment needed (eg. socks instead of a tennis ball).
- Focusing on personal best and the school game values which will be celebrated on 7<sup>th</sup> July by sharing entries and videos/ pictures.
- Videos/ pictures are not a necessity for entry - they are pushing the honesty value for those who choose to just submit a score.
- **Awarding a prize to the most active school!** For every child that takes part (whether at home/at school) our school will be awarded a point.
- This will also be announced as part of the online celebration day on the 7<sup>th</sup> July.
- Personal Best certificates will be downloadable from the website each week.

Entry is simple. All details can be found on the webpage here (<http://www.wesport.org.uk/active-education/school-games/2020-summer-virtual-school-games/>), along with the terms and conditions.

Parents are asked to enter the child's score by completing the [google form](#) and any videos or pictures of challenges can be sent to [schoolgames@wesport.org.uk](mailto:schoolgames@wesport.org.uk).

We would love for you to take part so that we can continue to get as many of you engaged with physical activity as possible and be inspired by the sporting stars that will feature throughout.

Please follow Wesport on **@WesportAP** across Instagram, Twitter and Facebook and use **#WesportVirtualGames** and **@YourSchoolGames** for any posts you make.

Thank you everybody and good luck!

WEEK 1 CHALLENGE - ATHLETICS

We hope to see you all engaging online from the 1 June

*Miss Hammond and the PE Department*

Any questions please email [e.hammond@bristolfreeschool.org.uk](mailto:e.hammond@bristolfreeschool.org.uk)





# National Open Youth Orchestra



## National Open Youth Orchestra

Call-out for talented 11-25 year-old disabled and non-disabled musicians to join rehearsals in London, Bristol, Bournemouth or Birmingham from September 2020.

Be part of a pioneering, creative orchestra where music is not only played from notation but also learned by ear and improvised.

**Apply for an audition by 12 June 2020.  
More information at [noyo.org.uk](http://noyo.org.uk)**