

Dear Parents, Carers and Students

I was surprised that the Prime Minister made the decision that schools will not be allowed to open before the 8 March. However we will continue to provide our high quality remote learning provision. The consultation for GCSE and A level grading closes today at 11.45pm if parents or students want to complete.

I would like to thank all the parents who attended the virtual Year 11 Subject Evening yesterday evening. Teachers report high attendance and very worthwhile conversations took place. On Wednesday students commemorated the Holocaust Memorial Day through the tutor programme. It is so important that despite the challenges we are currently facing we remember and learn from such horrific world events. Thank you to Mrs Jenkins for preparing this very thought provoking session.

Next week Year 9 will start their option choice process. This is a very exciting time for students as they decide on their GCSE option subjects. We have planned for Year 9 to have one 50 minute live PSHE lesson on the options guidance process and wider careers over the next 2 weeks. Mr Fernandes has organised a virtual options event that will open on Thursday 4 February; it will include subject talks about all the many options students can choose from. There will then be a taster day for Year 9 so they can attend live lessons of the subjects that interest them, something positive and hopeful to look forward to.

Mr Parry, our Careers Leader, has pulled together a bumper feature in this edition of the newsletter on careers. We will be finding more opportunities for students to listen to talks by employers about their fields in term 4 and beyond. It is important we widen young people's horizons and let them see the many exciting pathways they can pursue.

We are all aware that now schools have been closed for four weeks the pressures of lockdown are getting harder. We miss those human connections and opportunities to see our friends and teachers. For this reason we have enabled cameras to be turned on. We ask students to follow the dress code and instructions from their teachers during live lessons and turn cameras off if asked to do so. We want to get the balance so learning is still the priority.

We are looking to gather more feedback from parents and students about how you are finding lockdown and if we can make any adjustments to what we are providing whilst schools remain closed. There is much to celebrate; however we know we can still adjust to make things even better for students and families. The links below are for a parent and student survey which we would like you to complete this week. The survey closes on Friday 5 February and we will use the feedback to plan term 4.

Parent/Carer survey

<https://forms.office.com/Pages/ResponsePage.aspx?id=bCkKhyVdnEuSUFIfzQ18bBnurMBzndPmxzkBR56Kc5UODNNRDdHS0VMR1IFVVdZTUxGMEIOR0cwOS4u>

Student survey

<https://forms.office.com/Pages/ResponsePage.aspx?id=bCkKhyVdnEuSUFIfzQ18bBnurMBzndPmxzkBR56Kc5UOUITWUFPV05XU1g4WktaSFFXREMyVUpXMy4u>

Finally next week we launch our much anticipated House system - Ashton, Blaise, Canford and Durdham. Monday's assemblies will be led by student house leaders and four competitions will be launched.

I will be writing to you on Monday about our Flexible Friday where students will not have any live lessons but will have the flexibility to use the day to consolidate, catch up, invest in their mental health and get involved in house competitions. It is Children's Mental Health Awareness week and we felt after 5 weeks of remote learning we needed a flexible day for everyone. More details to follow.

Looking forward to a positive week ahead.

Mrs S King



Mrs S King, Headteacher

Key Dates	
Thursday 4 February	Year 9 Options Evening
Week of Monday 8 February	Provisional Year 9 Option Taster Day

Year 9 - Key Stage 4 Options Launch

Our launch event for Year 9 Options will take place on the evening of Thursday 4 February. Information will be shared about the process through our website and if you are a parent of a Year 9 student you will be notified when this is available to view.

Although digital this year, we have included an overview of how to select your choices, videos from staff about each subject and a booklet containing the detail of our curriculum at Key Stage 4.

This date represents the start of a supportive process. Before half term students will receive remote taster sessions and careers advice to help them make informed choices. We look forward to sharing more information on Thursday 4 February.

Mr Fernandes, Deputy Headteacher



STARTERS

Before School Activities that can be done by anyone!

MINDFULNESS

5-10 MINS

Mindfulness trains your brain to be focused and calm. With better focus you're more productive, feel happier and less stressed.

SMILE AT OTHERS

20 SEC

A smile can generate more pleasure in the brain than chocolate!



DESSERTS



Period 4-6 are for House Challenges!

COMPETITION

40 MINS

Keep an eye out for upcoming house challenges, more details are to follow!

MAINS

Periods 1-3 are for you! Substantial ingredients to positive mental health.

PRACTICE

40 MINS

Take some time to practise what you have learnt this week! Feel positive in your ability to learn.

REFLECT

40 MINS

Boost your learning through reflection. Why not share your thoughts with a friend!

CATCH UP

40 MINS

A little behind on some work? Don't worry, choose some catch up time to get up to speed!

DRINKS



Resources and Apps to support a healthy mind!

MENTAL HEALTH & SAFEGUARDING

5 MINS

Feel like you need to talk to someone. Email Ms Townsend and Mrs Foster: tellsomeone@bristolreeschool.org.uk

APPS

5-10 MINS

Smiling mind, Breathe, Calm, Headspace, Mood tracker, SAM Anxiety App





END THE DIGITAL DIVIDE

THANK YOU!

SR2

SUPPORTING OUR COMMUNITY



Mrs Sherman reached out to Alicia Teagle who launched Technology Volunteers, for support following the latest school closure and asked if any technology companies were in a position donate any equipment for our students. Alicia, who is Co-founder of Socially Responsible Recruitment and launched Technology Volunteers as a pro bono platform which connects people from the world of technology to schools, charities and groups in need of support, immediately contacted members and came back with a yes definitely. On Thursday, Mrs Sherman collected 25 laptops which are currently being prepared by IT Support ready for distribution. Mrs Sherman said, "I have known Alicia for a few years and given talks at Technology Volunteers meetings to promote BFS and our Computer Science curriculum. We are incredibly appreciative that they were able to source such a large number of laptops from one of their members along with laptop bags, keyboards and docking stations. Our KS5 students have benefited from expertise and support in their programming projects from software developers and we look forward to working with the next group of mentors to offer guidance to our Year 12s.

Please continue to donate [virgin-moneygiving.com/fund/](https://www.virgin-moneygiving.com/fund/)

**BRISTOL
TECHNOLOGY
VOLUNTEERS**



FRIENDS OF BRISTOL FREE SCHOOL



Current construction of the "Tumps" social area is set to be taking place— have a look at the plans so far!

CONCEPT PROPOSALS



To support your remote learning, please download Teams on your laptop to prevent any technical difficulties.

You can download Teams through this link:

<https://www.microsoft.com/en-gb/microsoft-teams/download-app>



Did you enjoy the snow over the weekend?

Mrs Chown took this lovely photo of Westbury on Trym Parish Church.

Send us your snow pictures!



HOW TO RAISE FUNDS FOR FOBFS

YOU CAN RAISE FREE DONATIONS FOR FOBFS WHEN YOU PURCHASE PRODUCTS OR SERVICES ONLINE.

EASY FUNDRAISING - OVER £1000 RAISED BY 73 SUPPORTERS
AMAZON SMILE - 31 SUPPORTERS HAVE SIGNED UP SO FAR

[HTTPS://WWW.EASYFUNDRAISING.ORG.UK/CAUSES/FOBFS/](https://www.easyfundraising.org.uk/causes/foBFS/)

[HTTPS://SMILE.AMAZON.CO.UK/](https://smile.amazon.co.uk/)



BFS READING CHALLENGE!

Are you ready for the BFS 2021 Reading Challenge?

Have a look at our suggested reading on pages 5,6,8, you can read in any order. Enjoy!

Million Word Challenge

Students should read one of the recommended KS3 books and take the Accelerated Reader quiz using this link:

<https://www.arbookfind.co.uk/UserType.aspx?RedirectURL=%2fdefault.aspx>



Please let your Tutor know in the class notebook. Accelerated Reader will then be able to tell us who reaches 1 million words - How many of you can become a reading millionaire?

Stay tuned for next week's Book Review Challenge



BFS RECOMMENDS

Book Title and Author	Topics	Synopsis	Picked by	ZPD Score
They Both Die at the End By Adam Silvera	Death Science Fiction Growing Up Friendship LGBTQ Dystopia	When a service is created to tell people when they will die, teenagers Mateo and Rufus meet using the Last Friend app and are faced with the challenge of living a lifetime on their End Day.	Mr Gowen	5.5
Crongton Knights By Alex Wheatle	Family Life Death Bullying Council Estates Violence BLM	When McKay strays off his council estate on a mission to help out a girl, he finds himself facing a friend's crazy ex-boyfriend, some power-tripping hood-rats and a notoriously violent gangster with a vendetta which hits too close to home.	Ms Ludwell	4.4
Holes by Louis Sachar	Mystery Friendship Adventure	As further evidence of his family's bad fortune, which they attribute to a curse on a distant relative, Stanley is sent to a hellish correctional camp in the Texas desert.	Ms Watkins	4.6
The Curious Incident of the Dog in the Night-Time By Mark Haddon	Absent Parents Detective Autism	When Christopher finds a neighbour's dog killed he determines to unravel the mystery. But the world is a very strange place seen through the eyes of an autistic and gifted 15-year-old boy, and Christopher soon finds out more than he could ever imagine.	Mr Gowen	5.4
Liccle Bit By Alex Wheatle	Gangs Love Loyalty Council Estates	As a gang war breaks out on Liccle Bit's estate, he finds himself caught up in it. Can he keep his family from danger and realise his dreams	Ms Ludwell	4.6

TOTAL NUMBER OF BOOKS READ

BFS RECOMMENDS

Book Title and Author	Topics	Synopsis	Picked by	ZPD Score
Oh My Gods by Alexandra Sheppard	Family Life New Surroundings Greek Myths Romance Friendships	Half-mortal Helen has just moved in with her dorky dad and siblings, who just happen to be the ancient Greek gods! Can she keep her family's identity secret or is she fated to be banished to Mount Olympus?	Ms Ludwell	4.9
The Hunger Games by Suzanne Collins	Adventure Dystopias Survival Family Violence	In a future North America, where rulers of Panem maintain control through an annual survival competition, 16 year old Katniss's skills are tested when she voluntarily takes her sister's place.	Mr Stevens	5.3
The Colour of Magic by Terry Pratchett	Fantasy Comedy Adventure	This book is the maiden voyage through the legendary land of Discworld. This is where it all begins, with the tourist Twoflower and his wizard guide, Rincewind.	Mr Harris	6.4
Private Peaceful by Micheal Morpurgo	War Family History Trauma	Private Thomas Peaceful is only eighteen but he has seen the horrors of war and experienced the full weight of its unfairness.	Ms Watkins	5.2
Clean Getaway by Nic Stone	Prejudice BLM Family Life	For the life of him, William "Scoob" Lamar can't seem to stay out of trouble, and now the run-ins at school have led to a lockdown at home.	Ms Ludwell	5.0
The Boxer by Nikesh Shukla	Prejudice Violence Racism LGBTQ Identity Boxing	Sunny's life changes the night he is attacked by racists in his new city. Stepping into a boxing gym, he finds the community he's desperately been seeking. But racial tensions are rising and he begins questioning where his new friends stand.	Ms Ludwell	4.0
The Bone Sparrow by Zana Fraillon	Human Rights Family Life Refugees	Life inside a detention centre is all Subhi knows - he was born there, the child of a refugee. But when Jimmie, a girl from outside, starts to visit, he starts to question whether his reality is fair or humane.	Mr Gowen	4.9

TOTAL NUMBER OF BOOKS READ

BFS RECOMMENDS

Book Title and Author	Topics	Synopsis	Picked by	ZPD Score
Going Solo By Roald Dahl	Non-fiction War Travel Adventure Autobiography	Going Solo is the autobiographical sequel of Boy, which is written by the world-famous author Roald Dahl. It is about his life as a worker with the Shell Company and an RAF fighter pilot. ...	Ms Watkins	6.1
Everything, Everything by Nicola Yoon	Romance Health Death Journals	In a story told through vignettes, diary entries, texts, charts, lists and illustrations, a girl confined to her house by rare and profound allergies falls hopelessly in love with her new neighbour	Ms Ludwell	4.4
The Absolutely True Diary of a Part-time Indian by Sherman Alexie	Prejudice Racism Community Diaries Growing Up	Budding cartoonist Junior leaves his troubled school on the Spokane Indian Reservation to attend an all-white farm town school where the only other Indian is the school mascot.	Mr Harris	4.0
Noughts and Crosses by Malorie Blackman	Racism Romance Sex Violence Dystopia Parental Abuse	In Callum's world the white noughts are second-class citizens and the black Crosses are highly revered and perceived as the superior race. Callum is a nought and his best friend, Sephy, is a Cross and the daughter of a powerful politician.	Ms Watkins	4.0
The Crossover by Kwame Alexander	Sports Fathers Siblings Poetry	Fourteen-year-old twin basketball stars Josh and Jordan wrestle with highs and lows on and off the court as their father ignores his declining health.	Ms Menon	4.3
Booked by Kwame Alexander	Football Divorce Growing Up	Told in free verse, twelve-year-old Nick learns the power of words as he wrestles with problems at home, stands up to a bully, and tries to impress his dream girl. Helping him along are his friends and football mates, and The Mac, a rapping librarian.	Ms Menon	3.9
The Lie Tree by Francis Hardy	Mystery Death	When Faith's father dies under mysterious circumstances it is up to her to uncover the truth with the help of one of her father's plants: a tree that feeds on lies.	Mr Gowen	6.4
Wonder by R.J Palacio	Growing Up Comedy Bullying Friendship Prejudice	After being home-schooled for years, Auggie Pullman is about to start fifth grade, but he's worried: How will he fit into middle-school life when he looks so different from everyone else?	Ms Watkins	4.8

TOTAL NUMBER OF BOOKS READ

7 Top Tips to Support Reading at Home

Shared reading is a great way to develop children's language and communication and to boost their reading skills. Regular reading routines can offer lots of opportunities for learning during school closures.

- 1 Concentrate on reading quality (it isn't all about reading lots!)**



Don't worry too much about the 'what' and 'how' of reading each day. Books are great—but leaflets, comics, recipes and instructions on a webpage can all be great too. Following a recipe to make some cupcakes is valuable reading. Be on the lookout for reading, wherever it is!

- 2 Ask your child lots of questions**



All reading matters. Shared reading is about 'reading with', not just 'reading to' (even for older children). So, ask lots of 'Wh' questions, such as Who? What? When? Where? Why? Try them when talking about books: for example, 'what do you think Harry is feeling?'

- 3 Ask your child to make predictions about what they have read**



If it is a book, look at the front cover—or the last chapter—and talk about what might happen next. Look for clues in the book and be a reading detective! For example, 'can you see the bear on the front cover? Where do you think he will go?'

- 4 Ask your child to summarise what they have read**



When you've finished reading, talk about what happened. Acting out the things that happened in the story or describing the big idea of a chapter is really fun and maximises learning. For example, 'can you remember all the things that happened on the bear hunt?'

- 5 Ask your child to write about what they have read**



Write, or draw pictures, from anything you've read! Big writing and pictures are even more fun. For example, use an old roll of wallpaper to make a treasure map with clues from the stories you've read together.

- 6 Read and discuss reading with friends or family**



Make books a part of the family. Encourage your child to share them with a relative or friend, over a video call. Laugh about them when you are making meals together. For example, 'I hope the tiger doesn't come to tea today!'

- 7 Maintain the motivation to read**



Talk about the joy of reading whenever you can. Your child is on an amazing journey to becoming a reader. Put them in the driving seat and have fun on the way! For example, 'choose your favourite story for bedtime tonight.'



BFS Remote Learning

I have been astounded at my KS3 classes dedication and contribution to live lessons. Their patience whilst we navigate through this learning journey has been great. Sitting in an empty classroom in front of 32 empty chairs has only heightened my need for collaboration in the classroom. We have experimented with Teams' 'Breakout Rooms' feature, and observing genuine discussion surrounding the work has been a pleasure to see; these Breakout Rooms have managed to bring back that essence of collaborative learning. Similarly, this remote learning experience has encouraged a sense of independence, which I am particularly seeing in my KS4 classes.

Witnessing students take onus for their learning is something that I think will be beneficial when we return to normality.

I strongly thank all my students and tutees for their patience, contribution and motivation in my lessons.



Mr Stevens, English Teacher

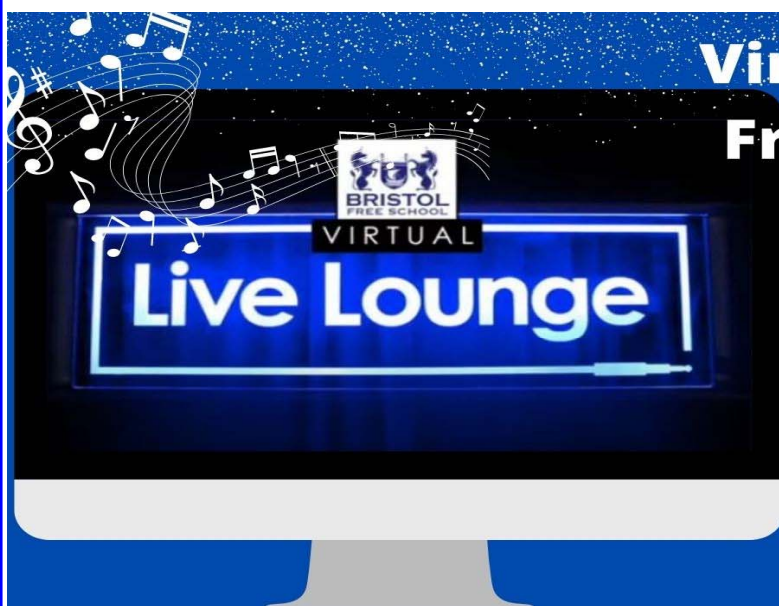
The Music Department has been delighted to see the music making still going on despite being stuck at home. KS3 students have been working on composing original pieces of music online as well as practising their piano skills on their computer keyboards! Year 10 students are working on solo performance pieces while Year 11s are composing music for film.

A highlight of the week is always our virtual choir group "Dynamics". Rehearsals take place every Tuesday at 3.30 and is a great chance to have a sing together at the end of a long day of lessons! We sing lots of fun songs, including recent sea shanty craze "the Wellerman" (who knew Sea Shanties would be big in 2021?).

If you would like to join the group, go to <http://bit.ly/bfsonlinechoir> to sign up!



Mr Pate, Head of Music



Virtual Live Lounge Friday 12 February

If you would like to take part, please send a video of you making some music to d.pate@bristolfreeschool.org.uk to be included in the concert!

Deadline is the 8 February, and the concert will be broadcasted online on Friday 12 February



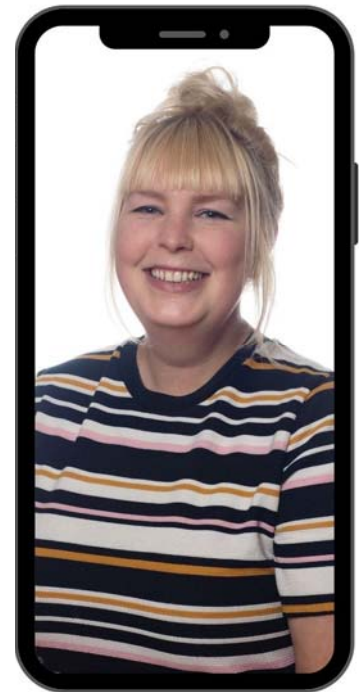


BFS Remote Learning

I have been working with Year 7 and 8 during their in-school provision and their good spirit and enthusiasm has bowled me over! The wealth of activities set by teachers is incredible and has not just provided solid academic work, but also let everyone's creative juices flow.

Everyone has been working hard on their assignments as well as in their live lessons, especially when their teachers make an on screen appearance complete with popstar style microphone headsets! Some of my favourite pieces of work are the gorgeous costume sketches for Drama (Jess and Awura), 3D models of trainers (Theo) and of course the very calming yoga routines and superb historical rap featured in the previous newsletter.

It has also been great to be with some of my regular Science Club members- we have been busy planning some spectacular ideas and themes for when we can finally return to extra-curricular provision which is something we are all missing. But for now, we are all keeping our BFS community spirits up!



Mrs Board, Science Technician





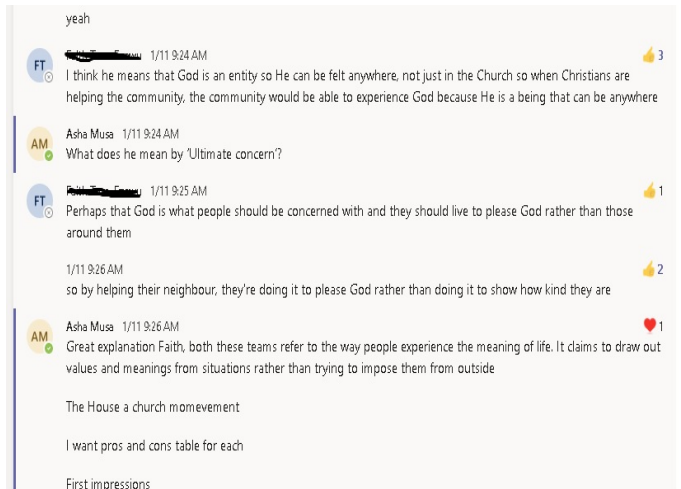
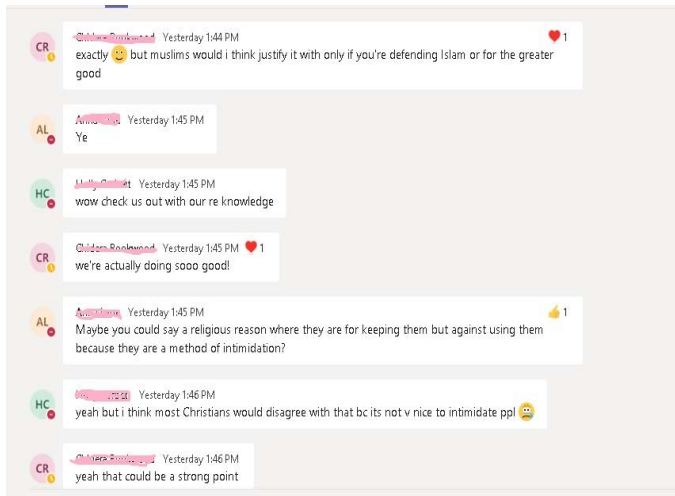
BFS Remote Learning

All my classes have made a wonderful start to remote learning, I am so proud of them! For some, despite technical glitches we have got through some great examples of deep learning and engagement. A key part of RP lessons are discussions and debates and I have been surprised how much students have participated in cold-call questioning and break-out rooms. For Year 13 especially, discussions have been aided by the chat function and the ability to research scholars and factors easily. Behind the screens I have sensed a defiant confidence in normally quiet students! Year 13 have also displayed a better ability to collaborate on essays and key words building, an activity we lost during covid-restrictions in the classroom.

The star year has been Year 9! I am so pleased with their learning and engagement with studying of Judaism and the Holocaust. A normally difficult unit we teach through pictures/videos and discussions to ensure it is handled sensitively. Using their easy access to videos, quizzes, and materials on the Holocaust Memorial Museum Year 9 have produced detailed survivor stories and have work to mark Holocaust Memorial Day 2021, contributing their interpretations of this year's theme, 'Be the light in the darkness.'

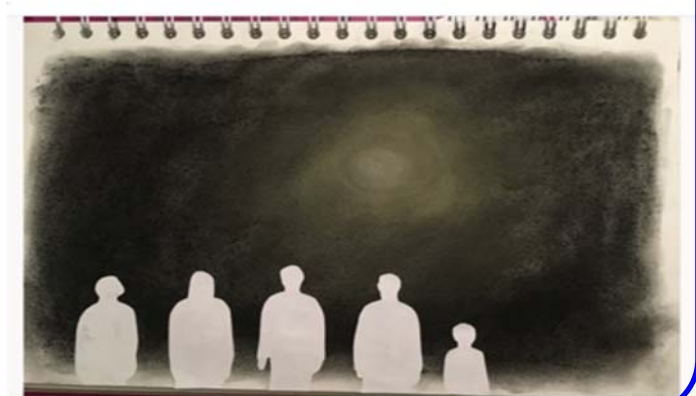


Mrs Musa, RP Teacher



Excellent discussions from Year 11 and Year 13 on 'Why people support Nuclear Weapons' and 'How Secularisation is challenged by Christianity'.

How great are these drawings from Holly and Mia in Year 9—'Light in Darkness'



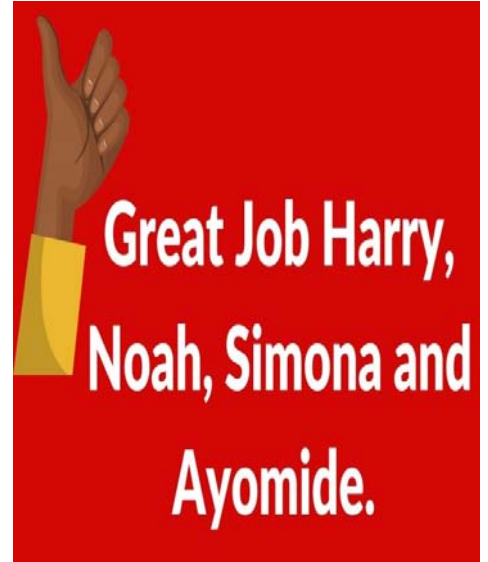


BFS Remote Learning

In our D&T Year 10 lessons students have been learning about sustainable design. We have studied the 6Rs and thought about our responsibilities as consumers. We looked into the choices designers and manufacturers make when considering materials to use for their products. Students are completing some independent research into the life cycle of a product of their choice. To support their theory knowledge, students were asked to investigate ways that plastic products can be reused and repurposed. Some students made new plastic products and others created step by step plans. The D&T dept would be really interested to see if other students can create new products from material that would normally be thrown away.



Mrs Street, D&T Teacher



HOW TO MAKE BOTTLE CLOUDS

How to make it

Firstly, you will need to cut the bottle to your desired size.

After that, get your lighter or iron and carefully burn the sharp edges off until they slightly fold.

Make a small hole through the bottle like this but just one is needed

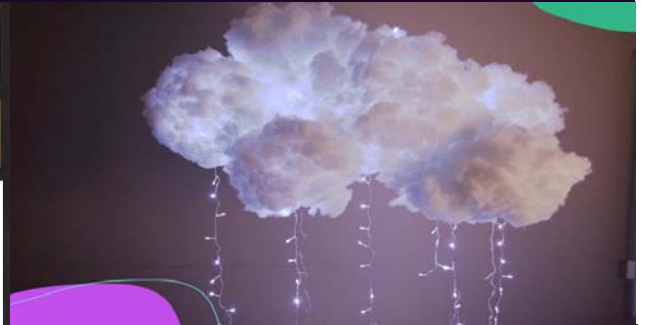


Next get your piece of string and place it through the hole and tie a knot on the inside (in the case the string falls through the hole get your glue gun use it to stick the string down).

Optional: add some lights.

Once that has been done you may start to decorate the bottle and stick the cotton balls all around.

The next thing is to glue the string around the push pin, then pin it (or glue it) up on your ceiling



Things you will need:

- A plastic bottle
- A lighter
- cotton balls
- A piece of string
- Push pins
- Glue gun
- Scissors

BFS Artists are you feeling inspired? Check out these awesome events and get involved!

Young Artists' Summer Show

Made possible by Robin Hambro



RWA / Visit / What's On / Active Art Wall - Take Part Online For Free!

<https://youngartists.royalacademy.org.uk/get-involved>

Join the Active Wall at the Prestigious RWA
A chance to reflect on all the things you wish were OPEN... Go to the link to find out more.

[/www.rwa.org.uk/collections/events/products/active-art-wall-take-part-online-for-free](http://www.rwa.org.uk/collections/events/products/active-art-wall-take-part-online-for-free)

Active Art Wall - Take Part Online For Free!

20 Jan - 31 May 2021

BFS Art & Photography

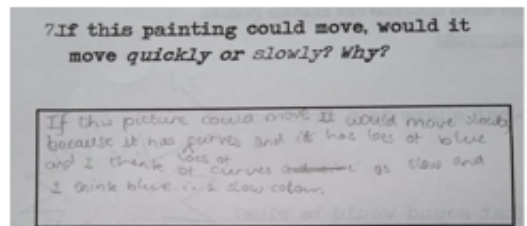
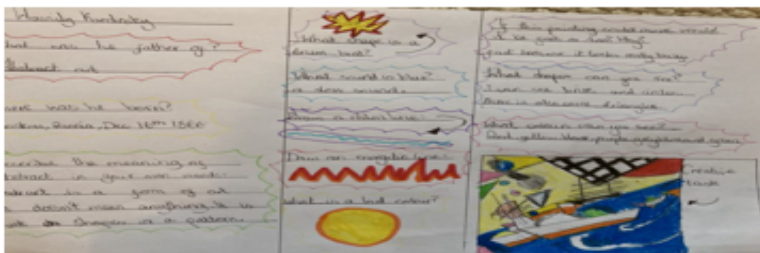
Congratulations to:

- Juliette, Year 11
- Charlie B, Year 11
- Noah, Year 10
- Sophie, Year 10
- Keziah, Year 10
- Grace, Year 10
- Olly, Year 10



You guys have been creating stunning work that will all go towards your GCSE Art qualification. Your creativity and resilience deserves a reward..... Look out for your Amazon Voucher in the post!

Year 7 – Responding to the work of Wassily Kandinsky



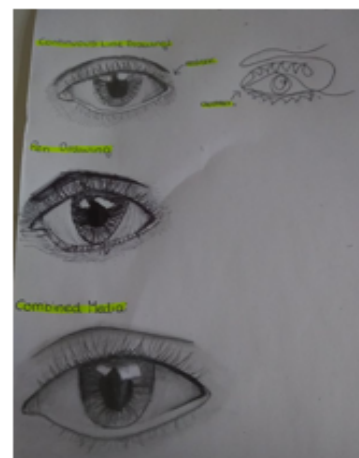
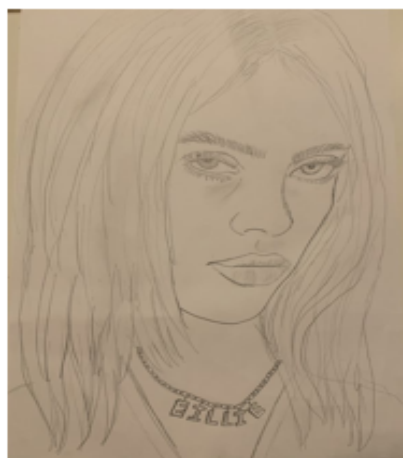
Beautiful Steampunk Bugs from Year 8



BFS Art & Photography



Here are some beautiful examples of Year 9's ART – focusing more on portraiture and learning how to draw facial features. Well done!



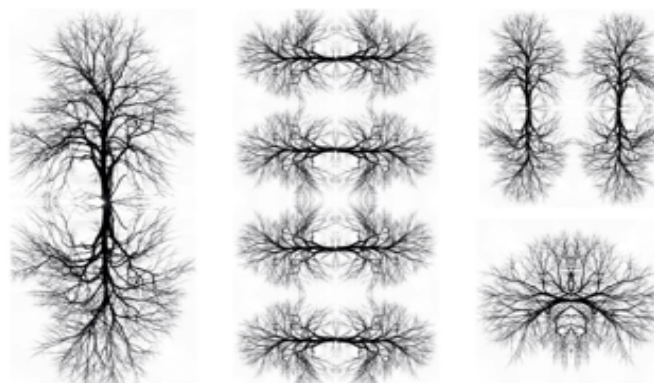
Mrs Kinnersley's Star Year 9 Artist

Chloe, amazing drawing skills and demonstrating careful study and accurate use of tone and shading. Well done!



Year 10 Creating a Photography project based on Natural Forms

Check out these amazing edits by Noah and Anna. They have been learning how to flip and rotate images to create a beautiful Kaleidoscope effect.



TUTOR TOPIC



During Tutor Time this week our students celebrated Holocaust Memorial Day on 27 January with Light in Darkness. Students were encouraged to discuss remembrance: how can we learn from it, why we remember, what we can learn from others and why it's important to be heard. Now more than ever, it is **important to focus on what brings us together** (the light), **instead of what pushes us apart** (the darkness).

The UK Holocaust Memorial Day ceremony is still available to watch, you can watch it here: <https://www.hmd.org.uk/uk-holocaust-memorial-day-2021-ceremony/>

E-Safety: Healthy and Unhealthy Relationships -

Send Me a Pic

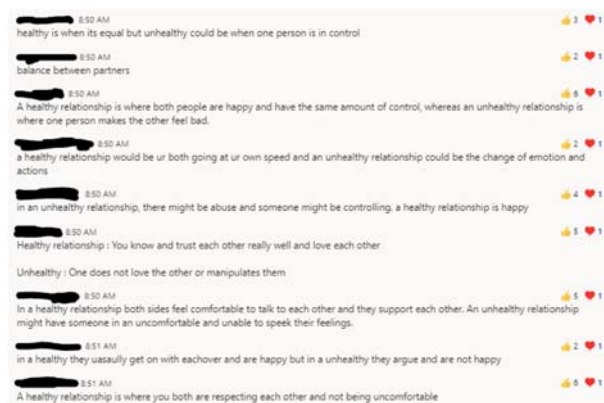
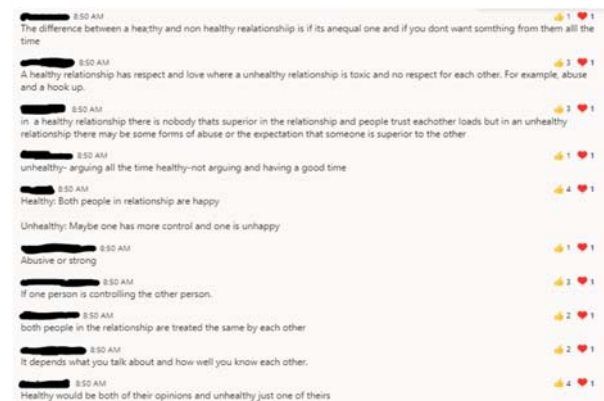
This term, e-safety has been the focus for all year groups during tutor sessions. Y8 have been focusing on CEOP/Think U Know resources called Send me a Pic which centre around seven films depicting fictional online chats. The chats show young people requesting, receiving, and discussing issues related to the sharing of nude images.

The session plans help young people to:

- Understand healthy and unhealthy relationship behaviours
- Explore the positive role technology can play in relationships
- Identify and respond to pressure and coercion
- Critique harmful social norms around sharing nude images in groups.

The awareness of what constitutes a healthy or unhealthy relationship after just one session shown by Year 8 is impressive as you can see from their comments. The sessions continue

to explore the balance of power in relationships and how to ensure relationships are healthy.



BFS MFL THE LANGUAGE AMBASSADOR SCHEME



HAVE A LOOK AT WHAT SOME OF OUR LANGUAGE AMBASSADORS HAVE BEEN UP TO!

ONE LANGUAGE TO RULE THEM ALL



By Dario, Year 9

The Lord Of The Rings is a fantastical story composed of elaborate fantasy which at the time of its release was revolutionary and an in-depth, descriptive narrative which is still a hit 80 years after its release in 1948. As well as his beautiful storytelling J. R. R. Tolkien was a philologist (a person who studies language usually through historical sources.) and this showed in his work as the writer used his advanced knowledge to construct culture and even language into his book therefore making the story deeper and more real. He invented what he liked to call glossopoeia which is the construction of languages. A conlang is what some people like to call an artificial language where its grammar and vocabulary instead of developing naturally are devised without usage so the result is a language that is usually at its peak of progression and in its 'final phase' so to speak. These constructed languages are usually inspired by the languages we use and different rules we have, furthermore J. R. R. Tolkien clearly wanted to emphasis a history to his made-up languages to give them a more real feel and make it seem less synthetic which resulted in many different languages produced throughout his novels: black speech (as spoken by the followers of Sauron and the inhabitants of Mordor),elvish which include: quenya, Telerin, Sindarin (spoken by the the elf's that dwell in middle earth), entish (spoken by the ents: towering protectors of the forests) and many more.

Overall J.R.R Tolkien revolutionised the way we look at languages in both fiction and non-fiction as it can give us an understanding of what other languages from other alien cultures would sound and evolve as well as helping understand the evolution of our own languages.

Here is an example of how one could devise a made up language using pre-existing grammatical rules from modern and ancient languages. The grammar in the language below is inspired from Spanish and High -Valaryan (another made up language from the universe of Game of Thrones) as well as vocabulary based on syllables which resembles that of Japanese:

More Vocab :

cat : le - ke : 쉼
 dog : a - la - fu : 쉼
 bird : tu - fi : 쉼
 fish : shi - sho : 쉼
 Song : a - o - i : 쉼
 game : to - fi - d : 쉼
 animal : li - d : 쉼
 Spirit /ghost : fu - ma : 쉼
 chicken : ya - ya : 쉼
 horse : ka - o - ma : 쉼

Vocab :

to play : to - tu - ko : 쉼
 to jump : sha - sha - ko : 쉼
 to kill : fu - to - ko : 쉼
 to hide : ke - ko : 쉼
 with : er : yo - ri
 because : er : mi - ku
 to like : na - ka : 쉼
 to go : ri - d - ka : 쉼
 to swim : shi - fu - ka : 쉼

a :	o :	i :	e :	u :	ya :	yo :	yi :	ye :	yu :
o	o	e	e	u	ya	yo	yi	ye	yu
la :	lo :	li :	le :	lu :	ma :	mo :	mi :	me :	mu :
o	o	e	e	u	ma	mo	mi	me	mu
ka :	ko :	ki :	ke :	ku :	ra :	ro :	ri :	re :	ru :
o	o	e	e	u	ra	ro	ri	re	ru
ta :	to :	ti :	te :	tu :					
o	o	e	e	u					
sha :	sho :	shi :	she :	shu :					
o	o	e	e	u					
					s :				
					o				



LANGUAGE LEARNING TIPS

You always say I'm going to learn language but it's 3 weeks later and you're still saying 'I'll get around to do doing it' but learning a language by just searching it up and memorising can be so boring. I agree, but what if you could learn a language in a more exciting and fun way. There are lots of ways you can learn a language and it's just with a simple click and tap.



By Shiloh, Year 7

Some ways are listed below:

- You could cook a foreign recipe (or if you really want to challenge yourself how about cooking a recipe in another language!)
- Most of us listen to music so why not try it in another language?
- Get a study buddy! It's a really good way to have someone their that can help you learn.
- Most of us like having a Friday night of in the home-cinemas but how about testing your knowledge with a foreign movie!



Languages are a great way to improve your mental stimulation and your knowledge. Languages help bring people together and help you experience new culture and lifestyles. If you really want to learn quickly try some of my tips! Change your English habits to foreign habits!



THE FUNNIEST LANGUAGES YOU CAN LEARN INCLUDE:

- Brazilian
- Turkish (I learnt it and it was amazing!)
- Japanese

And so many more, that are all waiting to be learnt!



BFS CAREERS



**MR
PARRY**
HEAD OF BUSINESS AND
CAREERS LEADER

HAVE ANY QUESTIONS?

Please contact Mr Parry
r.parry@bristolfreeschool.org.uk

WELCOME

In this current lockdown there are a vast number of virtual opportunities that the students can engage in. As a school we will promote some of these opportunities through the school's newsletter and also through tutor time and class charts. We actively encourage your child to try and explore some of these opportunities where relevant and of interest.

SPEAKERS FOR SCHOOLS - VIRTUAL TALKS:

Speakers for Schools is a charity that aims to provide support and motivation for young people. As well as providing Work Experience opportunities, they also have a programme of talks with inspiring and influential people. We will provide further information on when live talks are happening so students can participate in these talks.

Please see the below link which has a great array of recorded virtual talks that students can watch:

<https://www.speakersforschools.org/inspiration/vtalks/vtalks-video-library/>

A few virtual talks that we recommend are:

- England manager Gareth Southgate and Sharky discuss the experiences and lessons of Gareth's career. Gareth shared how young people can thrive and make the most of their lives by being brave, being kind, and following their dreams.

<https://www.speakersforschools.org/vtalks/how-to-achieve-anything-gareth-southgate-and-sharky/>

- A virtual talk with Debbie Martínez- Women of NASA- a great opportunity to hear what it is like work at NASA and careers in STEM.

<https://www.speakersforschools.org/vtalks/debbie-martinez-women-in-nasa/>

- Polar explorer, Ben Saunders, talks to young people about his career and adventures. Ben discusses with students the importance of goal setting, self-belief, resilience, teamwork, communication, and leadership.

<https://www.speakersforschools.org/vtalks/ben-saunders/>



VIRTUAL WORK EXPERIENCE OPPORTUNITIES (MAINLY AIMED AT KS4 AND KS5)



HSBC- Aimed at KS5 students

HSBC is running a virtual work experience week that will run through June and August. The programme provides opportunities to gain some hands-on experience, develop your knowledge of banking and financial services, and explore the careers available at HSBC in the UK. The applications deadline is 21 February 2021.

<https://www.hsbc.com/careers/students-and-graduates/student-opportunities/uk-work-experience-programme>



Observe GP

Observe GP is an initiative which was set up by the Royal College of General Practitioners which is a professional body within the UK for GPs. Observe GP is a free system that was created for the purpose of giving every medical applicant a fair chance at gaining work experience. It is an alternative to work experience for aspiring medics aged 16 and over, who are living in the UK. It is a free interactive video platform providing insights into the role of a GP and the wider primary care team.

<https://www.rcgp.org.uk/training-exams/discover-general-practice/observe-gp.aspx>



BT

BT are hosting a virtual open evening on 8 February 2021 and 23 February 2021 for young people and their parents to find out more about the apprenticeship opportunities at BT. As an apprentice at BT, you can do amazing things. You'll be part of a global innovations company, connecting our customers for good and create new possibilities for our customers.

<https://www.allaboutschoollleavers.co.uk/jobs/job/7865567/bt-apprenticeship-open-evenings-february-2021>



Software Engineering Virtual Internship at JP Morgan

JP Morgan are offering the opportunity to explore what life is like as a JPMorgan Chase software engineer with our Software Engineering Virtual Internship. For more information please see:

https://careers.jpmorgan.com/us/en/students/campaign/virtual-internshipsearch=&tags=location__EuropeMiddleEastandAfrica__UnitedKingdom



Access Creative College

A virtual open day, Monday 1 February. Year 10 and Year 11 students interested in all things creative! Music Events // Music Tech // Games & Computing // Media and Design.

Please see the link below to book a virtual open day with Access Creative College

<https://www.accesscreative.ac.uk/open-events/>



Amazing Apprenticeships

Is a great website with lots of information about apprenticeships for both students and parents. The link below has some excellent guides specific to parents:

<https://amazingapprenticeships.com/parents/>



Interested in a career in the RAF?

Join this LIVE broadcast on Wednesday 3 February @ 6:00pm. Watch the videos to find out what jobs are available in the RAF, the challenges, and benefits of serving and chat to serving members about their careers or ask any questions you may have! Please see the link below for details about the live broadcast and other videos about careers in the RAF.

<https://learnliveuk.com/partner/raf-careers/>

Interested in a career in Nursing?

Join this free virtual event - Routes Into Nursing Virtual Taster Day, for students Year 11, Year 12 and Year 13. 18 February 2021 10:00am -3:00pm

Gain insight into the various routes in Nursing and what a day in the life of NHS employees entails. Follow the link below.

<https://www.eventbrite.co.uk/e/nhs-sw-nursing-virtual-taster-day-tickets-137927481811>

Health Education England

PATHWAY
Career Training & Mentoring

FREE VIRTUAL EVENT

SOUTH WEST

**ROUTES INTO NURSING
VIRTUAL TASTER DAY**

For students in year 11, 12 and 13

FEBRUARY 18 2021

10:00 - 15:00

Gain insight into the various routes in Nursing and what a day in the life of NHS employees entails.

AGENDA

10:00-11:30 Speed-Meet Session with Different Nurse Specialists
11:45-12:15 FutureQuest Interactive Session
12:15-13:15 Lunch
13:15-14:00 Values, Behaviours and Attitudes Session
14:15-14:45 Q+A Panel of Current Nurses at different stages of their career.
14:45-15:00 Wrap Up & Next Steps

[CLICK HERE TO SECURE YOUR PLACE](#)

CAREERS AT KS3

It is our intent to educate students about Careers throughout their journey at Bristol Free School, so it gives them the best opportunity to make informed career choices. Thus, every student in each year group will have a dedicated term of career lessons delivered through PSHE. Students will make an educational journey covering the core aspects of careers through the PSHE curriculum and will study the following themes:

Year 7

- Introduction to the World of Work- students will explore the different sectors of career pathways and learn about different job roles.
- Delivery= Term 6

Year 8

- Employability and Entrepreneurial Skills- students will learn about the key employability skills and will reflect on their importance and how they can improve their own skills.
- Delivery= Term 4

Year 9

- Careers and GCSE options- students will learn about how their GCSE options can be linked to different career pathways. They will also be supported with their GCSE options.
- Delivery= Term 3

Year 10

- World of Work- students will learn about the world of work by exploring different job sectors and learning about the applications into the world of work such as CV writing.
- Delivery= Term 6

Year 11

- Post 16 options and apprenticeships- students will learn about the different Post 16 pathway options and apprenticeships. They will also be supported in their Post 16 options.
- Delivery= Term 2

YEAR 9 GCSE OPTIONS SUPPORT:

Students in Year 9 will continue to get support remotely this term to support them in their GCSE option choices. Students have had a couple of sessions on Careerpivot remotely, which is an excellent website offering career guidance and support. We introduce Careerpivot to students in Year 7 and it mirrors our PSHE delivery curriculum above.



Careerpivot also provides useful information for parents on their website:

<https://www.careerpivot.org.uk/parent-zone/choices-at-14>

In particular for Year 9 parents please see link below which has guidance for parents on GCSE options:

<https://www.careerpivot.org.uk/parent-zone/choices-at-14/how-can-i-help-my-child-make-their-option-choices-in-year-9-some-schools-make-option-choices-in-y8>

MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information

INTRODUCTION TO THE MENTAL HEALTH & SAFEGUARDING TEAM

Mrs King mentioned our new department in the last newsletter, and I wanted to introduce ourselves and the work that we are doing. Mrs Foster and I have been working in the school for the last 5 or so years, bringing to Bristol Free School lots of previous knowledge and senior leadership level work experience in multiple private and public sectors. Our common ground is that we both have a passion for supporting young people in our school and helping them develop and flourish into healthy, positive people.

Our offering has been born from my pastoral management of year groups at BFS and Mrs Foster's extraordinary medical support and student services experience. Between us, we are managing the medical co-ordination, mental health and safeguarding support across the whole school. This support can range from, for example, Health Care Plan liaisons with the NHS epilepsy team to Social Services intervention across our school provision. It is vast and varied but most importantly targeted in getting the right support in place for our students and families whilst they are in our care. We work closely with external agencies, NHS provisions and charity based support networks across the wide genre of mental health & wellbeing services. It is vital for our students' learning to be able to grow into self-sufficient adults who perhaps might need different levels of support and interventions along the way. Our service supports the educational journey of students and their families as well as facilitates positive relationships between mental health, wellbeing and education. We plan to have lots of contact via the newsletter and website, but in the meantime attach a 'Reach Out' guide to the support that is already on offer. This all ties in well with Mental Health Week next week, so keep your eyes peeled for lots more resource over the coming weeks.

Do reach out to us via the tellsomeone@bristolfreeschool.org.uk email address if there is anything you wish to discuss.



Ms Townsend, *Mental Health &
Safeguarding Manager*



Mrs Foster, *Medical & Safeguarding
Officer*



REACH OUT

Our Mental Health & Safeguarding team are working hard to support students & families. If you feel that you would benefit from additional support, the services below are in place via Bristol Free School. Do feel free to get in touch with us via our email address

tellsomeone@bristolfreeschool.org.uk should you want to talk about a mental health or safeguarding concern and we can guide you to find the right support for you.



Esther, our School Health Nurse, is available via virtual drop in clinic for those students currently attending the key worker/vulnerable provision. Esther is available 12 -1pm every Tuesday on line, for a live consultation. She covers issues worrying students such as puberty, emotional health, physical health, relationships, and friendships. Should a student wish to book an appointment with Esther please let a member of staff know.



A GP can check physical symptoms as well as have talking sessions around emotions and feelings. The GP is a gateway to further referrals so having a chat with them does open doors to other services. Please refer and book an appointment at your local doctors surgery.



Off The Record (OTR) is a free support for young people aged 11-25 living in Bristol and South Gloucestershire which promotes good mental health and wellbeing.

OTR is self-referral and young people can sign up themselves through their website or we can help refer if you wish. www.otrbristol.org.uk

**CREATIVE
YOUTH
NETWORK.**

Creative Youth Network is open and running face to face sessions (within Covid regulations). Have a look at their website to see what they are offering. This is a self-referral service or we can help refer if you wish.

<https://www.creativeyouthnetwork.org.uk>





We are very lucky to be able to offer a plethora of support via Anna Freud's Trispace service. This is a bookable counselling or group work support that is free to students and families of Bristol Free School. If you are interested in receiving further details do let us know.

Further assessment of need might lead to Mental Health specialists. BFS Mental Health & Safeguarding team is here to advise and support referrals into the service and act as school / home liaisons with CAMHS directly.

Paediatrician and specialist referrals can be made and monitored via School. Should you feel that your child needs further support or assessment then do let us know.

Below are key links to additional services, reminders of support and general advice to support you further.

Online Support

NSPCC - <https://www.nspcc.org.uk>

Childline - <https://www.childline.org.uk>

CEOP - <https://www.ceop.police.uk/safety-centre>

Brook - <https://www.brook.org.uk>

Victim Support - <https://www.victimsupport.org.uk>

Young Minds - <https://youngminds.org.uk>

Calm - <https://www.calm.com>

Kooth - <https://www.kooth.com>

Stay Alive- <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app>

Concern about a child - <https://www.bristol.gov.uk/social-care-health/reporting-concerns-about-a-child-first-response>

Concerns about a family / adult - <https://www.bristol.gov.uk/social-care-health/report-suspected-abuse>



ADDITIONAL SUPPORT

Every Mind Matters



Looking after your Mental Health

Having good mental health helps us relax more, achieve more and enjoy our lives more. Check out the link below for expert advice and practical tips to help you look after your mental health and wellbeing.

https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlalQobChMimbWf4ry-7gVioFQBhDtqw4GEAAAYASAAEgIOJ_D_BwE



Mindfulness

There are thousands of studies that have shown mindfulness meditation can positively impact mental and physical health. Click on the below to try Headspace on a free trial.

https://www.headspace.com/?utm_source=google&utm_medium=cpc&utm_campaign=11651287594&utm_content=110588697342&utm_term=480561844996&meditation&gclid=EAlalQobChML_dDvoL6-7gIVSBkGAB0XPwjFEAAAYASAAEgjhkvD_BwE



Want to find out more about Mindfulness?

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. You can check your mood using this simple mood self-assessment quiz on the website below.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Depression and Anxiety

If you're 16 or over, this depression and anxiety self-assessment quiz can help you better understand how you've been feeling recently. Check out the link below.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>



Carrying your invisible suitcase through life.

A short film from Child Bereavement UK to help children and families understand their grief and how to manage it.

Based on *The Invisible Suitcase* by Ian Woodroffe, the film uses the metaphor of an invisible suitcase to show how we all carry our experiences and emotions through life. None of us can control how our 'suitcase' is packed and when it might spring open, with our emotions being triggered sometimes when we least expect, but we can learn how to react when this happens.

<https://www.youtube.com/watch?v=wmzy6fRLcCU&feature=youtu.be>



STUDENT SUMMARY



Keeping positive in a global pandemic!

What keeps you happy and motivated? Some of our Sixth Form Students have shared their happy moments over the past week. Why not give them a try?

Lets celebrate the little things!



"I really enjoyed watching Match Of The Day with my family, we're not really a football family but every once in a while we do love to watch a little recap of the big matches." Faith, Year 13



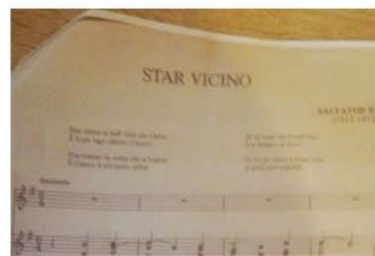
"I really enjoyed waking up to see snow and seeing my kitten run around in it" Emily, Year 12



"Over the past week or so, I've been playing card games with my family which has been really entertaining." Eloise, Year 12



"Walking my dog after a long day on teams has been putting me in a really good mood recently!" Molly, Year 13



"Going on walks with a friend has really boosted my mood this week!" Katie, Year 13



Over lockdown I'm starting to learn music for my extracurricular music study and singing. Will, Year 12



KEEP MOTIVATED AT HOME

A creative
guide to staying inspired and
productive



CREATE PLAYLISTS FOR EVERY TYPE OF MOOD

Having playlists for every type of mood can set the tone for whatever output you're creating. Instead of playing songs on shuffle, curate mood playlists that flow well.



FIND TOPICS YOU'RE INTERESTED IN AND IMMERSE YOURSELF

Are you into film, psychology or art? Gather interesting articles, videos and content online about topics that interest you and learn about them.



DO QUICK AND SIMPLE WORKOUTS

Exercise keeps you fit and gives you that much needed endorphin rush to make you more productive doing school work.



KNOW WHEN TO CONNECT AND UNPLUG

Staying at home can lead to hours of screen time. Set times that you should be focused on working and set times for rest.



DON'T STAY INSIDE FOR TOO LONG

Once in a while, before and after school, go outside to freshen up your perspective and get some fresh air.

**NEVER REGRET
ANYTHING THAT
MADE YOU SMILE.**

MARK TWAIN

**think
make
do**

If you can
dream it,
you can
do it

Walt Disney



THE GREAT BFS BAKE OFF



ON YOUR MARKS, GET SET... BAKE!



Isabelle Year 8 & Megan Year 10

Congratulations to sisters Isabelle (Y8) and Megan (Y10), who are our whole school winners of the Great BFS Bake Off competition last week. A fantastically decorated cake to say thank you to our key workers, worthy of a spot on the actual GBBO!



NHS

SIMPLE TIPS FOR IMPROVING YOUR MOOD

- TIP 01**
Learn how to manage unhelpful thoughts
- TIP 02**
Stay active
- TIP 03**
Talk to someone

WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER.
Visit **Every Mind Matters** for more tips and advice

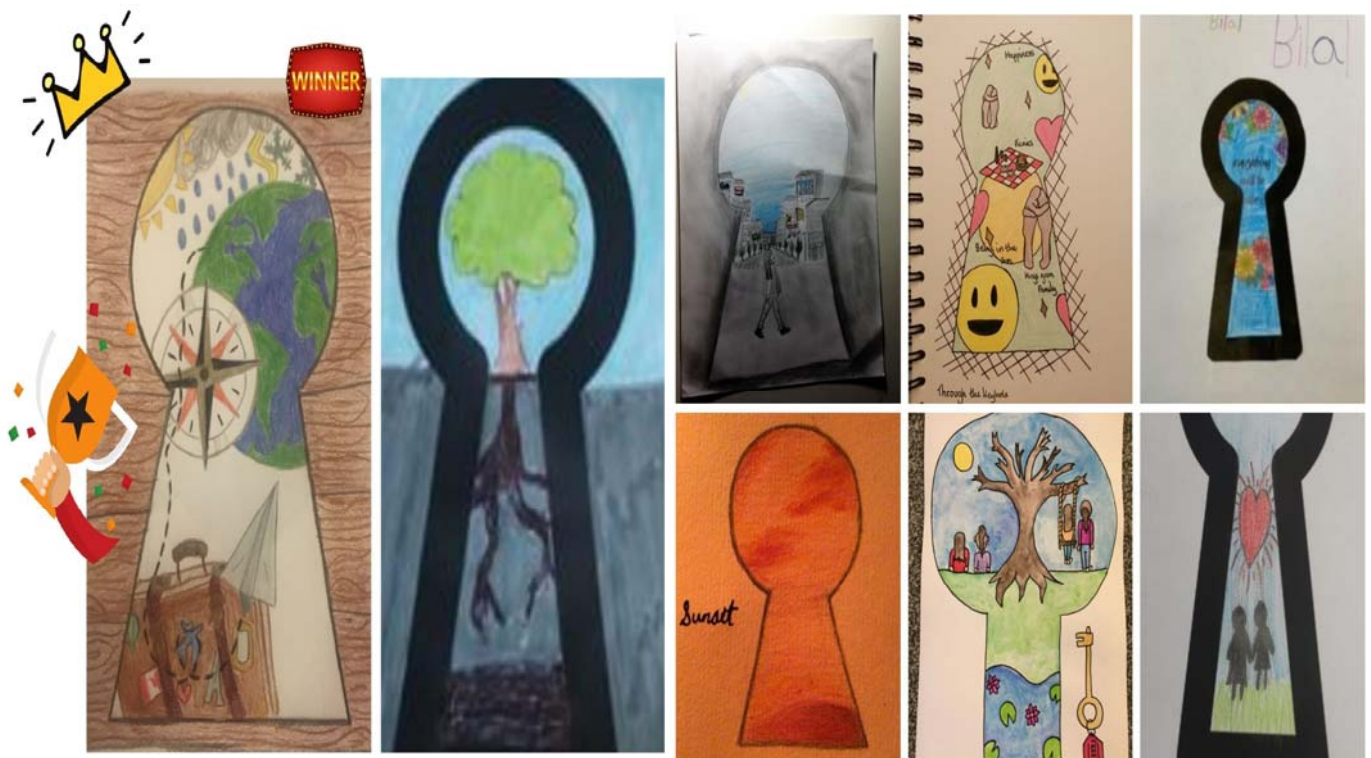
Better Health every mind matters

JOIN ME AS WE GO... THROUGH THE KEYHOLE!

This week's challenge saw students depicting their idea of life after lockdown. We had a great showing of artistic flair and some imaginative scenes. Our first ever Year 11 entry for a BFS challenge was a highlight. Holly's fantastic sunset was a real (shepherds') delight! Year 10 did Mr Whitfield proud with some top entries. Year 9 were reminiscing of swings and picnics, enjoying outside space with no restrictions. Finally, Year 7 brought their usual energy with a number of great entries, many of these containing messages of hope and support for our NHS!

The winner this week was Katie L from Year 9 , Congratulations!

On to next week's Build your Landmark Challenge, details below!



COMPETITION BUILD YOUR OWN LANDMARK

Channel your D and T wizardry and create a global landmark out of recycling materials.

Perhaps an Eiffel Tower from toilet rolls, or maybe the London Eye from quiche cases!

What can you engineer from your recycling box?

Submit your entry on [ClassCharts](https://www.classcharts.com) or send a photo to your Year Leader!
Entries close Thursday 4th February @ 3pm