

Bulletin

Covid -19 Home testing – Lateral flow test kits for students

Thank you for your support with this programme. The first week of home testing has run smoothly and any technology glitches have been resolved. We have been so impressed with the support of all our school community.

Home testing for students and staff continues through the Easter break, testing twice a week at home, including the night before returning to school on 19 April. Today we are issuing a further 2 packs of test kits to students who are participating in the programme. This will support testing throughout the holiday period. Please check the contents when they arrive home so that should there be any items missing from the kit, this can be rectified before we break up. If your child is absent today they will be able to collect the kits from their tutor next week. Families and households can also access home test kits for adults.

Reporting results - Please continue to report your child's test results to www.testregister.co.uk which then takes you through to the GOV.UK test reporting site. Should there be a problem accessing Test Register go to <https://www.gov.uk/report-covid19-result> to report the test result and inform school by email.

Child unwell?

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

If your child has these or any other symptoms of COVID-19, arrange to have a PCR test. They should stay at home while you are waiting for a home self-sampling kit, a test site appointment or a test result. Please do not use the rapid lateral flow testing service as this is only for people without symptoms.

Any queries about the home testing arrangements should be sent to covid.testing@bristolfreeschool.org.uk



LATERAL FLOW HOME TESTING

KEY DATES

- 1 April - Last day of Term
- 7 June - Revised INSET Day



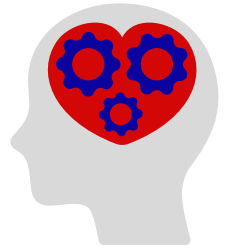
MENTAL HEALTH & SAFEGUARDING
BRISTOL FREE SCHOOL

MENTAL HEALTH & SAFEGUARDING

*Mental Health & Safeguarding Support,
Advice & Information*

PROJECT ZAZI

If this group sounds like something you are interested in and you fit the criteria, then please sign up at:



<https://www.otrbristol.org.uk/what-we-do/zazi/> and click the pink sign up button!

If you have any questions at all then please email kavita@otrbristol.org.uk.




PROJECT ZAZI PRESENTS...

SPEAKERS CORNER

APRIL 15TH 6-30PM

A group for **Black People and People of Colour** aged 16-25 to come and talk about any issues they are experiencing.

This is a brave and safe space where you will not be judged and are free to speak about subjects that mainstream society are not always ready to tackle - such as **race, identity, gender and relationships.**

 **SIGN UP**

WE ARE HERE TO LISTEN.

If you are struggling with anything, we are here to help - please talk to us. Remember there are lots of different communication styles to suit you. Email us to let us know how you would like to talk.



tellsomeone@bristolfreeschool.org.uk



BFS CHARITY CHALLENGES

CHALLENGES AHEAD



Many thanks for your kind donations so far to support Jessie May and Young Bristol, this will make such a difference to young people and their families. Please continue to donate following the link below.

<https://www.justgiving.com/fundraising/sr2-bristol-berlin-ybr>

Their goal is to cover enough miles running, cycling, walking to get from Bristol to Berlin and back - that is 1595.56 miles (2567.9km)



THEO'S VEVERESTING



Since lockdown last year Theo ,Year 9, has become a very keen road cyclist and has decided that he is going to attempt a vEveresting challenge on Sat 3rd April.

Theo developed a love for road cycling in the first lockdown in 2020 and since that time he has found an enthusiasm and endurance for hills (matched only by his ability to watch endless Global Cycling Network videos on YouTube!). He has decided to take on the impressive challenge of cycling the vertical height of Mount Everest, 8848 metres, whilst on a turbo trainer, known as vEveresting. He is training hard for it and anticipates that it will take him approximately 15-16 hours. The official rules of the challenge allow him breaks but no sleep....! If he succeeds he will be one of the youngest to do so.

He is raising money for St Peter's Hospice and is doing amazingly well with his fundraising. Please support Theo following the link - <http://bit.ly/TheoEverests>

With Lockdown unlocking a little next week, Gecko Touch Rugby are running some after-school touch rugby on the Downs- aimed initially at Years 8&9. Want to give it a go? There are still some spaces left!



- Key details:**
- 4-5pm Tuesday 30 March
 - Year 8 & 9. Girls and boys welcome.
 - Free to attend
 - Covid compliant. Insured, DBS checked. Affiliated to England Touch Association
 - No experience necessary.
 - Register via www.geckotouchrugby.club

Gecko Touch Rugby

A new Junior & Social Touch Rugby club in Bristol

Domestic Abuse Support - CrimeStoppers

As lockdown domestic abuse continues, CrimeStoppers reminds the public across the West Country to speak up anonymously to help save lives

Relaunched #YouAreNotPowerless campaign highlights it's better to be safe than sorry and that bystanders have options to report abuse in the home anonymously

Everyone has the power to do the right thing, change their abusive behaviour or make the call. If someone is in immediate danger, call 999. If you don't want to reveal your identity, call us on 0800 555 111 or complete our anonymous online form.

<https://crimestoppers-uk.org/give-information/forms/give-information-anonymously>



Domestic abuse - You are not powerless

#YOUARENOTPOWERLESS



#YOUARENOTALONE



For women and children. Against domestic violence.

