



What has been happening in... *food tech?*



MISS EVANS

Students at BFS have been working exceptionally hard over the last few months. Here's what's been happening...



Year 8 have been developing their cooking skills by making a variety of meals such as paella, pasta bake and bolognese. They finished the unit by making a healthy budget dish of their choice.



After reviewing our Year 10 GCSE food student voice, by popular demand we have been doing some cake making. We looked at adapting recipes for special diets and made vegan chocolate cakes. We are also going to be looking at our piping and cake presentation skills next week.





Year 10 have also been developing high level knife skills in a fish workshop with Dan, a local fish monger from 'The Fish Shop' on Gloucester Road. Dan bought in mackerel from Plymouth for the students to gut, fillet and cook.



“

We think most, if not all of us, will be stopping by The Fish Shop to get some fish. This new skill opens up more options for our GCSE practical assessment and it was a great opportunity to practise and improve our knife skills. I know everyone involved will be excited to try this new skill again whether it be out on a fishing trip or at home in the kitchen, making and trying a new dish - and lots may even be looking for a job!

Harry, Year 10

”



Wishing our Year 11 students **good luck** for their GCSE Food exam on Wednesday 19 June. We will miss our two lovely GCSE classes. They all worked hard on their food practical exams, and we were impressed by the standard of all dishes.

Congratulations to our Year 13 Food students who passed their Level 2 Food Hygiene!



KEY DATES

Monday 20 May

Y12 Oxford University Trip

Tuesday 21 May

Y8/9/10 Sports Leaders attending
Westbury-on-Trym Academy's Sports Day

Wednesday 22 May

Y10 Music and Drama Trip - Hamilton, Bristol
Hippodrome
NO CLUBS/DETENTIONS due to staff training

Thursday 23 May

Y8/9/10 Sports Leaders attending
Westbury-on-Trym Academy's Sports Day

Friday 24 May

Menstrual Hygiene Day Event
Last day of Term 5

Monday 3 June

Start of Term 6

We are
HIRING

[Head of Chemistry](#)

[Teacher of Science](#)

[Teacher of Music](#)

HOLIDAYS

Holidays in term time are highly discouraged and are likely to result in a penalty notice (£60 per child, per parent) or prosecution (up to £2500 and/or 3 months imprisonment).

Please do not book holidays during term time as they are highly disruptive to a student's education.

YEAR 10 BARCELONA TRIP

Two spaces have become available on the Y10 trip to Barcelona, Wednesday 10 - Saturday 13 July. Please register your interest by emailing Mrs Meech (trips@bristolfreeschool.org.uk).



NEW LUNCH MENUS

[Dining Hall Menu](#)

[Sixth Form Cafe Menu](#)

[World Cultural
Diversity Day Menu](#)

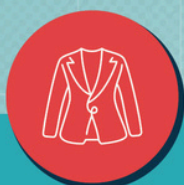


**Back to school information
now available at:**

MONKHOUSE.COM



**NEW SEASON
SAVINGS**



**SCHOOL UNIFORM
UPDATES**



**THE LATEST
NEWS**

**Your official
uniform supplier**

 **monkhouse**[®]
schoolwear specialists



HOUSE NEWS



Charity Art Sale

It is not too late to pick up a canvas from the Art Department and take part in the Charity Art Sale. Get creative and paint any theme you like with any appropriate medium. You can do this at home or join us on Wednesdays for Art Club! Hand it back to the Art Department by the end of Term 5 (24 May). Art will be sold in Term 6 and all money raised goes to The North Bristol Food Bank. These are some of the fantastic pieces we have so far.

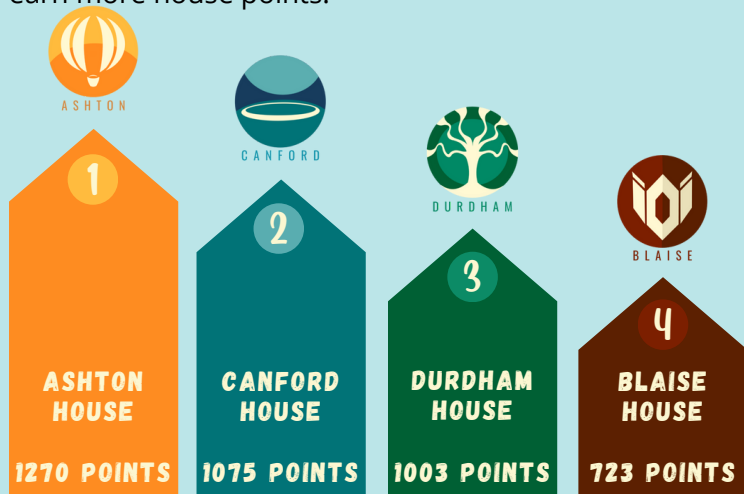


House Points

Well done to Ashton House who were awarded the most house points this week!

DON'T FORGET

You can take part in the charity art sale (above), write a book review or enter the Brilliant Poetry competition to earn more house points!



Brilliant Poetry Competition

Online science publication 'Brilliant' has launched its poetry competition called 'Brilliant Poetry'.

What do you need to do?

- Write a poem inspired by science
- No more than 40 lines

By when?

To enter, visit [Brilliant Poetry](#). Entries close 21 June. Please also send your entries to Miss Sayer and Miss Hawes so we can publish some in the newsletter!

House points for every entry!





HENRY Y9

House Parliament

The House Parliament recently invited Mrs Conway for a Q&A session all about the curriculum. Here is a sample of some of the questions that were asked.



Q: Some students would like a wider range of subjects. Is that possible?

A: We believe we have a broad curriculum here which offers students a wide range of different options. We do sometimes consider other courses, like Law at A level or Psychology at GCSE, but we need to make sure they would be right for our students and that we have the right staff to teach them.

Q: Can mobile quizzes be incorporated into lessons more?

A: The limitation of this approach is that it is not always purposeful - for instance, if students are not engaged in the quiz but are instead engaged in something else on their phone. It may be something that could be explored more in extracurricular clubs.

Q: Once Year 10 students finish their RP GCSE, they take on an extra English lesson. Could this be a revision lesson instead?

A: The reason we give an extra English lesson is that English is worth two GCSEs and is such an important GCSE for your future.

Q: In the 'Do Now' section at the start of lessons, some classes might be ahead of others and so they will find the retrieval questions easier. Is there a way to correct this?

A: We do retrieval quizzes because the research demonstrates that it helps you to retain your knowledge better and also to pick up new knowledge more easily. If students or classes perform poorly in the 'Do Now' quizzes, this can alert the teacher to the missed content so that they can reteach that key content.



Friends of BFS



Thank you to the Friends of BFS for funding the purchase of some 'giant' games. These will be used for House competitions on Friday lunchtimes - watch this space!



ASHTON



BLAISE



CANFORD



DURDHAM



Menstrual Hygiene Day 2024

In a Period Friendly World, the stigma and taboo surrounding menstruation are history. It is a world where everyone can access the products, education and infrastructure they need. From all over the world, we stand, we work, we fight together for a #PeriodFriendlyWorld.

At BFS we are continuing the conversation to break the silence around periods. On Friday 24 May, students are invited to drop into DG01 during their lunch break to:

- Join the conversation to break the silence around periods
- Learn more about the importance of Menstrual Hygiene Day for people who menstruate around the world
- Help themselves to some free period products.

Please do encourage your child to join us.



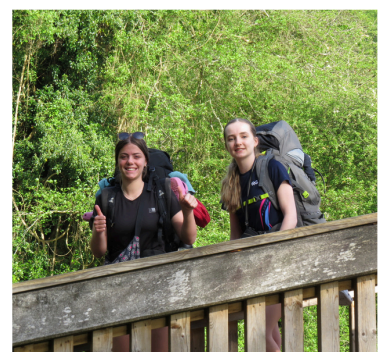
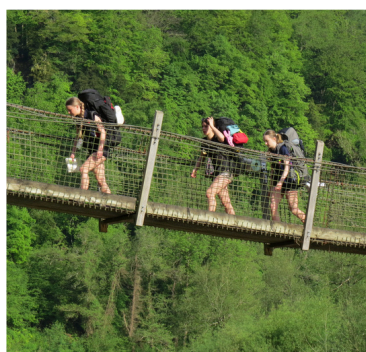
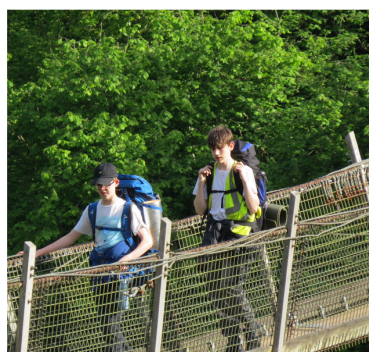
THE DUKE OF EDINBURGH'S AWARD

Year 10 Silver Practice Expedition



On Friday and Saturday, 45 of our Y10s braved the heat wave to complete their practice hike for The Duke Of Edinburgh's Silver Award. They travelled an astonishing 20km on the first day alone, with help from instructors enhancing the navigation skills they began to develop during the Bronze Award. Teamwork and friendships were tested to the max as the exhausted participants pushed through the pain to make it to camp. Once there, the trials of the day were forgotten as they lazed in the sunshine, enjoying their well-deserved rest.

The following day the teams were sent out on their own, to test their learning from the previous day. The terrain was a little easier, but the navigation was a real challenge. Thankfully, all teams managed to find their way to the finish in good time. A few tears, and a few blisters, but lots of joy.





ACHIEVEMENTS



Duke of Edinburgh's Award

Congratulations to former students, Dan and Dylan, who achieved their Gold Awards. Last weekend they were invited to Buckingham Palace for a Gold Award Celebration Event attended by Prince Edward, Duke of Edinburgh. Such a huge achievement - well done!



Wow!

Avon County Track and Field Championships

Congratulations to Archie (Y9) who became the Avon County Athletics Champion at the weekend, winning gold in both 100m and 300m. Archie trains with Bristol & West Athletic Club and would love to compete for BFS in the School Championship one day!



Awesome!



BFS ENGLISH Review

10 House Points!

Email or hand in your 200-250 word book review to Miss McMurdo, DG08.

Gwen and Art Not in Love by Lex Croucher Review by Khadija, Year 13

Imagine how suffocating it must be when pairs so unlucky entangle themselves in webbed misunderstandings and confusion.

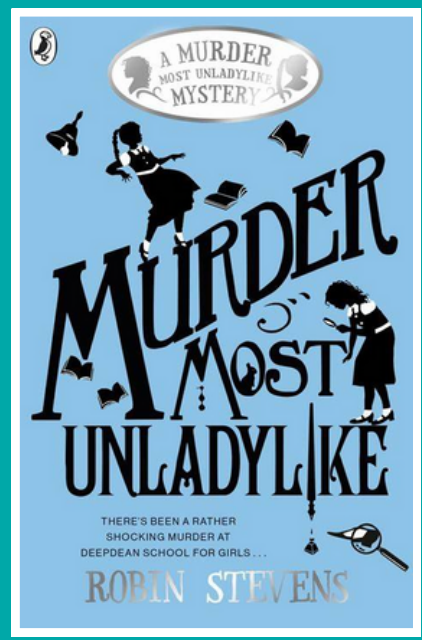
Lex introduces two characters: Gwen, an introvert with a quirky personality and heightened passion for all fashion vintage, and Art, a reserved yet enchanting new student attending the same school as Gwen. Inevitably, their paths cross by making heartwarming moments with a few comedic escapades. Reading through the platonic and romantic relationships whilst embarking on a self-exploration journey was fascinating.

I was mesmerised by Lex's description of Gwen's life which is filled with unexpected events and random banter. I was glued to the pages. I liked how teen angst and complex relationships were portrayed so authentically. Gwen and Art's discovery of platonic and romantic feelings are quite blurry, making it both difficult yet interesting to one another. Lex skilfully and realistically drew the highs and lows of romantic teens, even though I was rooting and hoping for Gwen and Art to have their 'happily ever after'.

One thing I wanted Croucher to explore was Art's barely mentioned past which created mystery and the struggles Gwen faced internally. However, two things that made reading the book delightful was the humour and the charm the novel contained.



10 House Points!



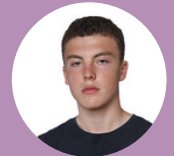
Murder Most Unladylike by Robin Stevens Review by Lauren, Year 8

Have you ever wondered what it's like to be in a murder case? Well, if you want to find out then read this book and it will give you all the answers.

This book is the first book of the series packed with adventure, murder and detective fun. You can go on a journey with Daisy Wells and Hazel Wong - there is a plot twist at the end! In the book there are some funny, crazy, hilarious and murderous characters. I recommend this book to readers who love a mystery. I rate this book five stars. Have fun reading and enjoy!

BFS BUSINESS STUDIES

This week we had a lecture from staff at the University of the West of England (UWE) about economics. A third-year student from Malaysia studying at UWE described her personal experience with economics and how she found a niche that interested her. Before she went to university, she described taking a year to discover what her interests were and, gaining personal understanding, she pursued finance.



FELIX Y12

Next, we learnt about Bitcoin and Fiat money, and how modern currencies do not link to the gold standard and the various problems this causes. The speech was interesting: Bitcoin being a decentralised currency relies on the trust of the general public. Traditional currencies have the established support of governments whereas Bitcoin is still viewed as untrustworthy because of the anonymity users have spending it. However, in his speech he stated that El Salvador had made the crypto national currency, which he poised as progress. However, personally I am not so quick to trust Bitcoin and other similar cryptos like ETH.

In the second part of the talk, we learnt about how soy is farmed and produced. We were shown images directly from the mills in Zimbabwe, and containers with the different forms of soy. It was interesting to gain a greater understanding of the production process, how soy is farmed and turned into the components that make up food like chocolate and tofu.

This UWE talk was very informative, it was helpful to talk to a student further in their academics and learn from what they have to say. I also feel more confident in taking economics as a degree as I now understand that you can write about what you want to, as opposed to following a set curriculum.

BFS TEXTILES



MS CARTER

Sustainable Fashion

In a creative endeavour focused on sustainability, Year 9 ingeniously crafted clothing on mannequins from recycled materials. With a blend of newspaper, packaging, fabric scraps, and cardboard, they challenged the norms of fast fashion, redefining style through innovation while advocating for a more eco-conscious approach to design and consumption.



BFS SPORT



MISS SLATER

Year 7, 8 and 9 Rounders

Year 7, 8 and 9 travelled to Blaise High School this week for our first Rounders fixtures of the year.

Year 7 won 10-7. Player of the match = Daisy C

Year 8 won 7-5. Players of the match = Bethan and Jess

Year 9 lost 6.5 - 5.5. Players of the match = Fiona and Hannah

Next week we face Oasis Brightstowe in the next group game.

You are doing
★GREAT!★



“ On Thursday, Year 8 went to Blaise High School to play a rounders match. There were two innings in each we batted and fielded. In the first innings, everyone kept the fielding tight and at the end we were only winning by half a rounder. In the second innings, our batting was on point, leaving no room for error. So at the end we waited for the result and we had won 8.5 - 7!! Bethan got fielder of the match and Jess got batter. Another win for BFS! Well done to everyone.

Elsa, Year 8

”

Avon Schools Athletics Championships

On Saturday 8 June, BFS would like to enter selected students into the Avon Schools Athletics Championships at Yate Athletics Track. To be entered into this competition you must have times or distances.

We will select two athletes per event, per age group:

Year 8 competition: 10 - 11.30am

Year 9 competition: 11.30am - 12.45pm

Year 10 competition: 1 - 2.15pm



If you are interested in attending this meet, email Miss Slater with the following details:

- Student name
- Student's events and their times and/or distances

The student with the fastest time or best distance will be entered for the event.

UPCOMING FIXTURES

Monday 20 May	Y7/8/9 Rounders	Oasis Academy Brightstowe
Monday 20 May	Ralph Allen Tennis Girls Div 1 Y7/8 Boys Div 2 Y7/8	Coombe Dingle Sports Complex TBC



careers notices

Employer Talks

This week we were lucky to have two employer talks. The first took place on Monday and was led by Kylie from The Paper Birds Theatre Company, a devising theatre company, that write and produce brand new theatre shows. They came into school to do some drama workshops and kindly offered to talk to interested students from Y8 - Y13 about the wide range of roles that are required to make a theatre show - these included some of the obvious ones such as actors, make-up artists and costume design but also some of the less obvious roles that might attract students who do not want to be on the stage but love theatre. Roles such as directors, producers, set designers, technicians, as well as those who work in marketing and coding, are all essential in the process of producing high quality theatre. It was great to have an opportunity to hear about the creative industries!



On Friday we welcomed Steffan Davies who teaches in the School of Modern Languages at the University of Bristol. He spoke to students from Y8 - Y13 about the range of careers that language graduates from the University of Bristol have gone on to after their studies, and some of them may surprise you! Of course, many graduates go into working as translators, interpreters, teachers, diplomatic service officers or as intelligence officers but many of the roles that languages graduates go on to, mean they do not necessarily use their languages on a day-to-day basis. Many will work for businesses in the UK that have international offices that they may need to travel to or communicate with, others work as journalists, marketing managers, publishers, police officers, lawyers and accountants to name just a few. This is because the skills gained by studying languages are very transferable, for example, if you are good at languages, you will be a good communicator and this is valuable in so many jobs. It also shows you are resilient, up for a challenge and have an awareness of different cultures. One student has even gone on to work at Cardiff City Football Club where he uses his French language to work with French speaking players.



Thank you

Upcoming Careers Day

We have a careers day on Monday 8 July where we would like a range of employers to come in and help with talks or mock interviews for our Year 10 students. Please get in touch if you, or someone you know, would be willing to come in and talk to our students about your career. Students have requested careers in the creative industries (film, TV, music production etc), roles involving languages and history, veterinary science, banking and marketing in particular.

**HELP
NEEDED**

Coming up...

Friday 24 May -
Avon and Somerset Police

Friday 21 June - Application Engineer
(Women in STEM)

Friday 5 July -
NHS Clinical Psychologist



BFS Fund



Staff and Governors at BFS are determined to ensure that every student at our school has access to an enriched education with inspiring curricular and extra-curricular opportunities. Through our BFS Promise, we offer a huge range of additional opportunities for all our students as they progress through the school.

Funding in schools has been under increasing pressure for several years now and we work tirelessly, with less resources, to provide the best possible experiences for your children. It is increasingly challenging to continue to deliver and improve on the additional experiences and opportunities we offer.



With this in mind, we are re-launching the BFS Fund to help us provide some of those extras that make all the difference to school life, that we otherwise may not afford. BFS fund will go towards improving our school environment and sustaining our wide range of extra-curricular and enrichment activities.

Initiatives include:

- Improvement of social spaces e.g. landscaping and outdoor furniture and equipment for social times
- Grounds development projects such as sports spaces and outside environmental classroom/garden
- Collapsed curriculum days and visiting agencies
- Special visitors/speakers/authors
- Performing arts workshops and visiting theatre groups
- Additional/specialist arts, crafts & technology materials
- Resources for extra-curricular clubs and activities such as gardening club
- Science, Technology, Engineering and Maths (STEM) activities



DONATE



What do we ask parents to contribute?

We suggest £10 a month as a voluntary contribution but if you would like to pay more (or less), we are very happy to receive any amount that parents can afford, and think is appropriate. We are also very pleased to receive one-off donations. Any donation will be much appreciated and will make a difference.



COMMUNITY AND ANNOUNCEMENTS



TRAINING SESSION AND Q&A WITH AMBER REED


**COME GIVE RUGBY A TRY
GIRLS AGED 10, 11 &
12 YEARS OLD**

**FRIDAY 24TH MAY
6:00-7:30PM
NORTH BRISTOL RFC**

**PLEASE CONTACT LIZ EDWARDS
TO BOOK YOUR FREE SPACE
LIZ.EDWARDS@HOTMAIL.CO.UK
07977414945**



rugby



**BRAZILIAN JIU JITSU
FOR BRISTOL FREE SCHOOL**

DISCOUNTED RATES WITH THIS FLYER

CLASSES FOR ALL AGES IN

- ✓ BRAZILIAN JIU JITSU
- ✓ BOXING
- ✓ KICKBOXING



07796 790866 - GET IN TOUCH VIA WHATSAPP

ROGERGRACIENORTHBRISTOL.COM

THE YOUTH CENTRE, SOUTHMEAD, BRISTOL, BS10 6AS



LET'S
MOVE MORE FOR OUR MENTAL HEALTH

13-19 MAY 2024



This Mental Health Awareness Week find your #MomentsForMovement

www.mentalhealth.org.uk/mhaw @mentalhealthfoundation @mentalhealth

FR FUNDRAISING REGULATOR Registered Charity No. England and Wales 801130 Scotland SC 039714 / Company Registration No. 2350846 VAT Number GB524451857 Registered with Fundraising Regulator



Connect with others

We can strengthen our relationships or even make new friends when we take part in moving with others. These social connections are also great for our mental health. Think about ways to make your catch-up with friends more active. Check out groups and activities happening in your area.

Move in nature

Research suggests that moving in nature has greater positive effects on our wellbeing compared to indoors. Take your moments for movement out in the wild. Go for a walk in the countryside or try cold water swimming. Parks, gardens, nature reserves, all provide opportunities for movement and meeting new people.



Try something new

Trying new experiences can boost our wellbeing. Pushing ourselves to try new things opens us up to new opportunities for movement, making new friends, and having fun. Having the courage to try something new will also give your confidence a boost.

Plan things to look forward to

Having events and plans in the diary to look forward to is great for mental health, it can give a sense of hope and excitement for the future. Add moments for movement to your diary and make plans to do fun things that you can get excited about.



Listen to the music that gets you moving

Some songs are just made for moving. We all have favourite tunes that get us dancing. So, crank them up and have a living room disco where you can dance like no-one's watching!

Get more tips and advice at MENTALHEALTH.ORG.UK/MHAW



Parents and Carers Talk and Walk

Every Tuesday
10-11:30am



Everyone welcome at our group for parents and carers. Meet at Greenway for a free drink in the cafe, and a short local walk. Share the load and the joy!



For more info, contact Eve,
email: evipayne@southmead.org
tel: 0117 950 3335.
Greenway Centre, BS10 5PY
www.southmead.org



Accredited ADHD Programmes

Our Accredited ADHD Programmes (for Primary School Aged Children and Secondary School Aged Children) are designed to empower Teachers and educational Support Staff with recognising and supporting school aged children within their school/education settings before, during and after an ADHD diagnosis.

Our programme doesn't just target the behaviour but offers in-depth knowledge on strategies for implementing change within the classroom. £99 per delegate.

Programme Summary:

- **Understanding ADHD** (symptoms, neurobiology and common misconceptions)
- **Recognising ADHD in the Classroom** (identifying symptoms, differences in gender, comorbid conditions)
- **Strategies for instruction** (adapting teaching methods, lesson planning, classroom management techniques)
- **Behavioural Interventions** (positive reinforcement, behaviour modification strategies, collaborative problem solving)
- **Academic Supports and Accommodations** (individualised supports, accommodations, organisational skills)
- **Social and Emotional Support** (fostering social skills, emotional regulation, building self-esteem)
- **Communication with Parents** (building partnerships, providing resources, engaging in the educational process)

For Primary School Aged Children:

For Secondary & Post-16 Aged Children:

