



# THE BFS PROMISE

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*Personal Development Curriculum at BFS*

# VISION & VALUES

BFS is an ambitious school that works to ensure every child makes excellent progress from his or her starting point and experiences a breadth of opportunities that develop the whole person.

We want our young people to leave BFS with confidence and a strong belief that they can make the best of their life chances and be positive citizens with a strong moral compass. For us, success reflects the development of the whole person and is linked to knowing oneself and being equipped to thrive in this fast-moving, ever-changing world.



**Community**



**Ambition**



**Opportunity**

At BFS we have three core values and these values underpin all aspects of school life:

## **Community**

We believe in promoting a strong sense of community through:

- Running a happy school where every child is known by name.
- Working in partnership with families to secure students' learning.
- Promoting responsibility, tolerance, trust and fairness.
- Taking a positive, active role in the community we serve.

## **Ambition**

We believe in promoting ambition through:

- Setting the highest expectations and academic ambition for all students.
- Delivering a high-quality curriculum and remaining at the forefront of teaching and learning practice.
- Fostering learners' confidence and independence in their learning.
- Ensuring that every child reaches their full potential.

## **Opportunity**

We believe in promoting equality of opportunity by:

- Encouraging individuality and good character.
- Promoting tolerance and celebrating diversity.
- Providing a varied range of experiences to enrich the lives of our young people.
- Offering a wide range of links with employers, further education colleges and universities.

# PERSONAL DEVELOPMENT

At BFS, our personal development curriculum supports our core values. We want students to understand and model these values in their daily behaviours.



Our personal development curriculum is delivered through the **BFS Promise**. This is the school's commitment to all students that they will have access to a rich and broad curriculum as well as a set of opportunities and experiences that help shape them as informed, responsible global citizens. The BFS Promise is interwoven in the daily life of the school - some aspects are built into the curriculum whilst others are part of the pastoral programme, normal school day or within planned events.

**PSHCE CURRICULUM**

**HOUSE SYSTEM AND STUDENT LEADERSHIP**

**TUTOR PROGRAMME**

**CHARACTER EDUCATION**

**CAREERS**

**TRIPS AND VISITS**

**ENRICHMENT**

**MEMORABLE MOMENTS**

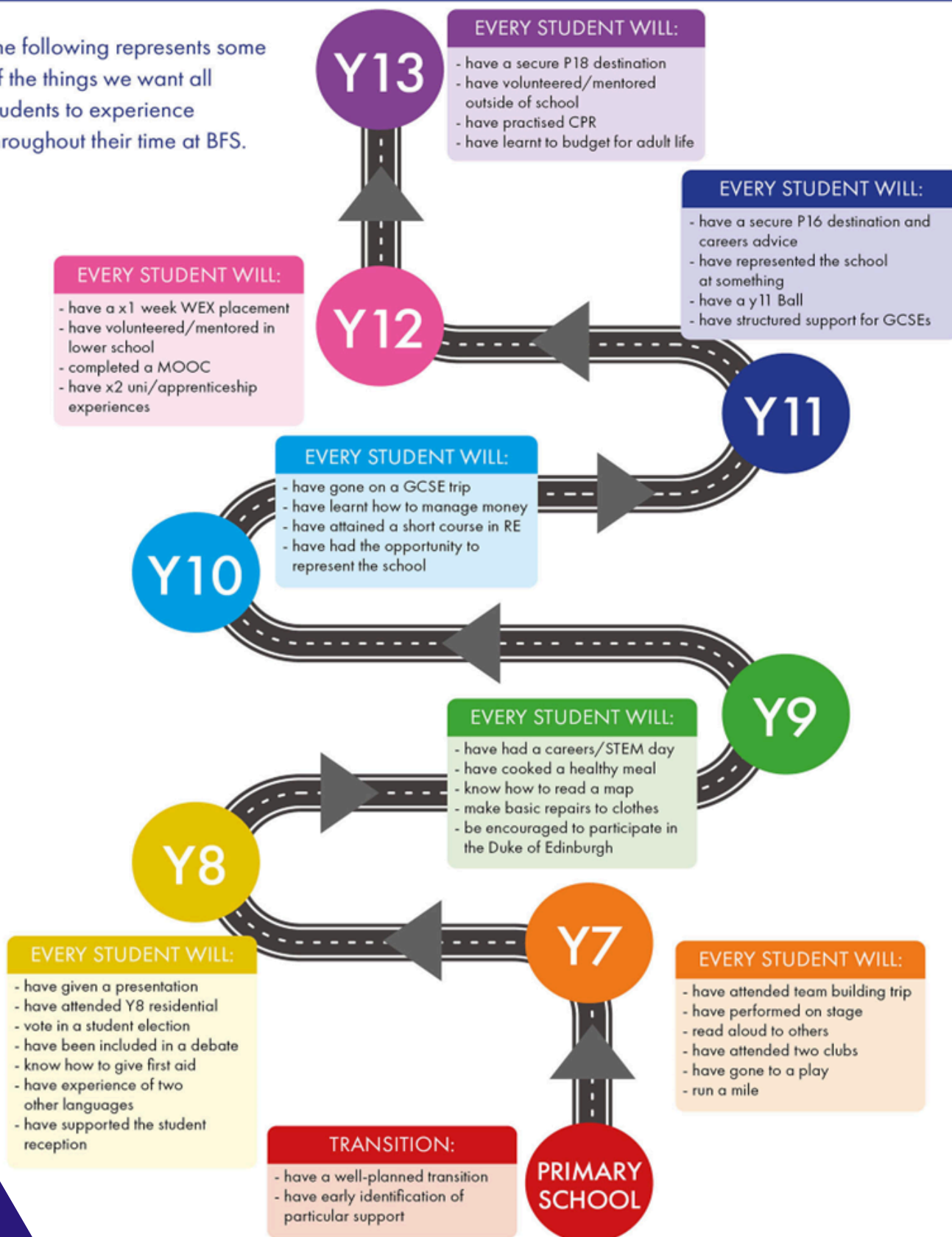


The BFS Promise Roadmap illustrates some of the key experiences the school commits to doing for every student during their school journey.



# THE BFS PROMISE ROADMAP

The following represents some of the things we want all students to experience throughout their time at BFS.



# PROMISE PASSPORT

In Year 7 and Year 8, all students complete a **Promise Passport**. The Passport has sections relating to the school values and a wide range of activities that allow students to demonstrate different aspects of their character, attitude and contribution.

**BFS Promise Passport**

**COMMUNITY**    **AMBITION**    **OPPORTUNITY**

**COMMUNITY**

1. Take pride in your appearance. Blazer and tie, shirt tucked in, school shoes on.
2. Put all litter in the bins and leave spaces tidy.
3. Walk sensibly around the school.
4. Act kindly, treating others as you would like to be treated.
5. Be polite, remembering to say please and thank you, and not interrupting.
6. Have High expectations of yourself and others.
7. Fully engage in Empathy Week

**AMBITION**

1. Contribute fully to all lessons and ask questions.
2. Be on time.
3. Listen carefully.
4. Put 100% effort into your work.
5. Bring the correct equipment to all lessons.
6. Complete the Accelerated Reading Challenge.
7. Contribute to the Role Models assembly.

**OPPORTUNITY**

1. Participate in one extra-curricular club a week for at least two terms.
2. Perform on stage.
3. Attend the Year 7 Team Building Day at Clifton College.
4. Represent your House in House competitions.
5. Run a mile.
6. Help out at home.
7. Attend a theatre trip.
8. Participate in Young Green Briton.

**PASSPORT COMPLETION**

Student Name: \_\_\_\_\_

Year 7 Leader: \_\_\_\_\_ Tutor: \_\_\_\_\_

Signed: \_\_\_\_\_

The BFS Promise Passport challenges every student to complete their Promise Passport during Year 7. There are 18 activities and expectations grouped under the School Values of Community, Ambition and Opportunity.

Staff will award a Promise Mark by signing the corresponding box when they observe a student successfully demonstrating or completing one of the 18 activities or expectations.

Once students have completed their Promise Passport they will receive their House pin.

The BFS Promise Passport Plus is an opportunity for students to complete additional challenges to earn extra House points.

**COMMUNITY**

The Community expectations must be completed 10 times to be awarded a Promise Mark. Tutors should add their initials to the boxes each time an expectation has been met and then sign off the expectation once all 10 boxes have been filled.

Take pride in your appearance.	Put all litter in the bins and leave spaces tidy.	Walk sensibly around the school.
Tutor: _____	Tutor: _____	Tutor: _____
Date: _____	Date: _____	Date: _____
Act kindly, treating others as you would like to be treated.	Be polite, remembering to say please and thank you, and not interrupting.	Have high expectations of yourself and others.
Tutor: _____	Tutor: _____	Tutor: _____
Date: _____	Date: _____	Date: _____
Fully engage in Empathy Week.		
Tutor: _____	Tutor: _____	Tutor: _____
Date: _____	Date: _____	Date: _____

**AMBITION**

The Ambition expectations must be completed 10 times to be awarded a Promise Mark. Tutors should add their initials to the boxes each time an expectation has been met and then sign off the expectation once all 10 boxes have been filled.

Contribute fully to all lessons and ask questions.	Be on time.	Listen carefully.
Tutor: _____	Tutor: _____	Tutor: _____
Date: _____	Date: _____	Date: _____
Put 100% effort into your work.	Bring the correct equipment to all lessons.	Complete the Accelerated Reading Challenge.
Tutor: _____	Tutor: _____	Tutor: _____
Date: _____	Date: _____	Date: _____
Contribute to the Role Models assembly.	Member of Staff: _____	
Date: _____	Date: _____	

**OPPORTUNITY**

Participate in one extra-curricular club a week for at least two terms.	Perform on stage.	Attend the Year 7 Team Building Day at Clifton College.
Member of Staff: _____	Member of Staff: _____	Member of Staff: Mrs MacBlain
Date: _____	Date: _____	Date: _____
Represent your House in House competitions.	Run a mile.	Help out at home.
Member of Staff: _____	Member of Staff: _____	Member of Staff: _____
Date: _____	Date: _____	Date: _____
Attend a theatre trip.	Participate in Young Green Briton.	
Member of Staff: Mrs MacBlain	Member of Staff: Mrs MacBlain	
Date: _____	Date: _____	

**BFS Promise Passport Plus**

**COMMUNITY**

eg. Tutor Star of the Week

Member of Staff: _____	Member of Staff: _____
Date: _____	Date: _____

**AMBITION**

eg. Take part in a project.

Member of Staff: _____	Member of Staff: _____
Date: _____	Date: _____

**OPPORTUNITY**

eg. Clubs or groups outside of School.

Member of Staff: _____	Member of Staff: _____
Date: _____	Date: _____

Year 7 examples:

- Take pride in your appearance. Blazer and tie, shirt tucked in.
- Put all litter in the bins and leave spaces tidy.
- Move safely and sensibly around the school.
- Act kindly and treat others as you would like to be treated.
- Be polite, remembering to say please and thank you, and not interrupting.
- Contribute fully to all lessons and ask questions.
- Be on time.
- Listen carefully.
- Bring the correct equipment to all lessons.
- Complete the Accelerated Reading Challenge.
- Contribute to the Role Models assembly.
- Participate in one extra-curricular club a week for at least two terms.
- Perform on stage.
- Attend the Year 7 Team Building Day at Clifton College.
- Represent your House in House competitions.
- Take part in Run-a-Mile charity challenge.
- Help out at home.
- Attend a theatre trip.
- Participate in Young Green Briton.

From Year 9 onwards, students continue to work towards these values through opportunities such as the Duke of Edinburgh's Award, mentoring younger students, work experience and volunteering.

# PSHCE CURRICULUM

PSHCE stands for Personal, Social, Health and Citizenship education. We want students to be empowered with all the knowledge they need to be successful adults who can make secure, informed decisions for themselves, their families and their communities. We follow a spiral curriculum, meaning that key topics and themes are revisited in an age-appropriate way, allowing students to build on their skills and knowledge. The PSHCE curriculum is delivered through curriculum lessons and as part of the tutor programme.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Transition	Staying Safe	Relationships and Sex Education	Mutual Respect	Health and Puberty	Politics and Parliament
Year 8	Financial Literacy	Staying Safe	Relationships and Sex Education	Mutual Respect	Health and Emotional Wellbeing	Modern Society
Year 9	Careers	Staying Safe	Relationships and Sex Education	Mutual Respect	Study Skills	Healthy Lifestyle
Year 10	The Wider World	Staying Safe	Relationships and Sex Education	Careers	Mental and Physical Health	British Values
Year 11	Employment and the Future	Adult Health	Relationships and Sex Education	Study Skills and Revision	Study Skills and Revision	-

# BRITISH VALUES & CITIZENSHIP

British Values are four fundamental values that we include as part of the personal development curriculum.



## Democracy

A culture built upon freedom and equality, where everyone is aware of their rights and responsibilities.

Examples of democracy at BFS:

- Student leadership elections
- Student voice activities
- PSHCE Curriculum



## Individual Liberty

Protection of your rights and the rights of others around you.

Examples of individual liberty at BFS:

- PSHCE curriculum
- Assemblies
- Behaviour policy
- Promotion of the Equality Act and of protected characteristics e.g. global observances



## Rule of Law

The need for rules to make a happy, safe and secure environment to live and work.

Examples of rule of law at BFS:

- PSHCE curriculum
- Academic curriculum e.g. crime and punishment, RP
- Behaviour policy
- Promotion of the Equality Act and of protected characteristics



## Respect & Tolerance

Recognising that we do not all share the same beliefs and values. Respecting those values, ideas and beliefs of others whilst not imposing our own onto them.

Examples of respect and tolerance at BFS:

- PSHCE curriculum
- Assemblies
- Character education and tutor time
- RP curriculum
- Promotion of the Equality Act and of protected characteristics e.g. global observances

**Citizenship** is another key aspect within the curriculum as it helps students understand the political, legal and civic structures of the UK:

- Democracy
- Rights, responsibilities and liberties
- Law and justice system
- Community participation
- Financial literacy

# HOUSE SYSTEM

The House system at BFS creates a vertical community for students. Within these communities, students build relationships, support one another, engage in friendly competition, and work collaboratively to make positive contributions within their House, the School, and local community.

The Houses are named after local parks within Bristol. All students, and staff, belong to a House which they represent at BFS. Students can stand for election for House Parliament (Year 7-13) or for Head Student (Year 12/13), allowing them the opportunity to take on responsibility and develop their leadership skills. The structure of the House system means that each student has a chance to shine, to discover their own talents and to make a genuine contribution to the school community.

House assemblies, events and celebrations allow relationships to be fostered and built across the year groups and even into our Sixth Form. There are inter-House competitions in numerous academic, sporting and cultural activities including music, poetry, maths, English, science, drama and art. The varying nature of the competitions allows students to come together and meet others they may not otherwise encounter. The Houses also fundraise for local causes, providing students with a wider sense of perspective as to the role the school plays within its community.

At BFS we pride ourselves on acknowledging and rewarding the wonderful contributions students make to school life. We split our House points into three categories which are linked to our core values of Community, Ambition and Opportunity. Students can earn House points through:

**Community** - awarded for excellence within tutor period and any other pastoral area of the school.

**Ambition** - awarded for academic contribution within lessons and for homework.

**Opportunity** - awarded for participating in our extra-curricular opportunities, after-school clubs, performances or sports teams.

Students receive a range of rewards when they meet certain thresholds, including receiving recognition postcards and being invited to breakfast with the Headteacher.



ASHTON



BLAISE



CANFORD



DURDHAM

# STUDENT LEADERSHIP

Student leadership is an important part of BFS school life. Sixth Form students can apply to be elected as Head or Deputy Head Students of the Houses. These students then work alongside the School Leadership Team and student body through House Parliament.

There are many opportunities for leadership within BFS, including:

- Head and Deputy Head Students (Sixth Form)
- House Parliament (Years 7-13)
- Sports Leaders
- Sports Teams
- Subject Ambassadors
- Mentors and Reading Buddies
- Oracy Champions

## House Parliament

House Parliament is made up of 50 students from across the school. There are 42 elected representatives (one student per tutor group from Year 7 to Year 12) and eight Year 13 students. The Year 13 student leadership team are selected using an interview process for the positions of Head and Deputy Head Students of the Houses. The role of the House Parliament is to make our school a better place by working democratically to make a difference. If appointed, members of the House Parliament will:

- Listen and collect the views of their tutor group
- Attend fortnightly House Parliament meetings
- Represent the school by helping on open evenings and events
- Assist with charity events
- Deliver messages to their tutor group



# TUTOR PROGRAMME

The Tutor Programme is a vital part of the school's personal development curriculum, designed to help every student grow into a confident learner and a responsible citizen who can make a positive contribution to society. It provides structured daily support and creates a strong link between pastoral care and academic success.

The programme offers a broad and enriching range of activities. These include whole-school news and key messages, weekly assemblies led by the Heads of Year or Senior Leadership Team, and the Years 7-9 Tutor Reading Programme, where tutors read aloud to the whole group to promote literacy and a love of stories. In Years 10-11, this continues through dedicated reading for pleasure sessions. Students also engage in PSHCE, explore current affairs through the Votes for Schools programme, and participate in careers education and study skills sessions that help prepare them for their future pathways.

As an integral part of the school day, the Tutor Programme ensures that every student is known, supported, and guided. Tutors act as the first line of support at BFS, helping to nurture students' wellbeing, motivation, and success.

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	Tutor Reading Programme	Current Affairs	Tutor Reading Programme	PSHCE	Assembly
Year 8	Tutor Reading Programme	Current Affairs	Tutor Reading Programme	Assembly	PSHCE
Year 9	Tutor Reading Programme	Current Affairs	Assembly	Tutor Reading Programme	PSHCE
Year 10	Reading for Pleasure	Assembly	Current Affairs	Numeracy or Literacy	PSHCE
Year 11	Assembly	Current Affairs	Revision and 1:1 Mentoring	Revision or Reading	PSHCE
Year 12	Study Skills	Current Affairs	PSHCE	Careers	Current Affairs
Year 13	Study Skills	Current Affairs	Careers	PSHCE	Current Affairs

# CHARACTER EDUCATION

At BFS, our personal development curriculum supports our core values. We want students to understand and model these values in their daily behaviours. Each value has a series of behaviour statements to show what these values look like in action.

## COMMUNITY

- We are calm, kind, and respectful
- We arrive on time with the correct uniform and equipment
- We show empathy for others

## AMBITION

- We strive to be the best version of ourselves
- We learn from our mistakes
- We contribute and allow others to learn

## OPPORTUNITY

- We lead by example
- We believe trying new things improves us
- We encourage and support others

Character education is delivered through many methods within BFS. We aim to:

- Promote positive behaviour and core traits such as respect, truthfulness, courage, and courtesy.
- Embed strong spiritual, moral, social and cultural development across the school.
- Support students' positive mental wellbeing.
- Teach character explicitly through PSHCE, tutor programmes, and subject curricula.
- Model and reinforce character through school culture, routines, staff behaviour, and positive relationships.
- Provide character-building experiences beyond the classroom (volunteering, mentoring, DofE, enrichment, extra-curricular activities).
- Use whole-school systems (behaviour, anti-bullying, relationships, restorative practices) to reinforce character.
- Run specific projects including Healthy Schools and Young Green Briton.
- Enable students to develop their own values and attitudes towards religious issues through GCSE Religious Studies (short course) taken by all Year 10 students. The course covers a range of religions and philosophical and ethical themes that will develop students' analytical and critical thinking skills.

# CAREERS

At BFS, we are committed to delivering high-quality careers education for all students from Year 7 to Year 13. The careers programme is based around the Gatsby Benchmarks, a framework for world-class careers guidance in education, and is designed to give all students the experiences, knowledge and guidance they require to select the best pathway for them post-16.

This is achieved through a wide range of activities, including dedicated PSHCE units, tutor time sessions, assemblies, trips, and specially designed enrichment days. The roadmap highlights some of the key activities within our programme, including:

- Regular employer talks
- Work experience
- PSHCE curriculum
- Visits to universities
- Careers day
- Mock interviews

Students will use Unifrog, a careers and destinations platform, to complete a bespoke curriculum that allows them to explore possible careers, keep a log of extra-curricular activities and build their CV and personal statement.



# TRIPS & VISITS

Trips and visits are an important way to enhance and aid the teaching of our curriculum. They also provide memorable moments and give students opportunities they might not otherwise experience. We love to take any opportunities given to us, so the trips offered to students may vary slightly year on year.

## YEAR 7

Team Building Day  
Young Green Briton  
Longleat  
Active Travel Ambassadors  
Greenpower Challenge  
Theatre Trip



## YEAR 8

Year 8 Camp  
Active Travel Ambassadors  
Flying Start Challenge  
Greenpower Challenge  
STEM Trips



## YEAR 9

Duke of Edinburgh's Award  
University Visits  
Battlefields History Trip  
Cadbury World  
Cyber Horizons



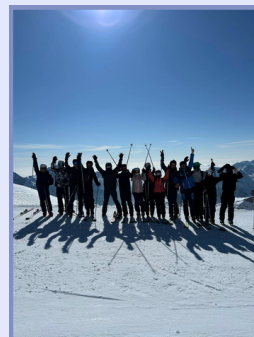
## YEAR 10

Duke of Edinburgh's Award  
Art Sculpture Trail  
Geography Field Trips  
Warner Bros. Studios  
Green Skills Programme  
BEP Student Leadership Visits  
Ski Trip  
Theatre Trips



## SIXTH FORM

Duke of Edinburgh's Award  
UCAS Exhibition  
University Visits  
Geography Field Trips  
West Midlands Safari Park  
Ski Trip  
London Parliament Trip  
CERN Trip





# ENRICHMENT

Enrichment is an essential part of our school culture and a core element of the BFS Promise, which ensures every student has access to a broad and inspiring range of extra-curricular opportunities. We believe that learning extends far beyond the classroom, and our enrichment programme is designed to spark curiosity, build confidence, and help students discover new passions.

Each term, the school runs a wide variety of clubs, giving students the freedom to explore interests in sport, music, drama, art, STEM, and many more. Alongside our clubs, students also benefit from a rich programme of experiences, including The Young Green Briton Challenge, our annual Run-a-Mile charity event, and the internationally recognised Duke of Edinburgh's Award.

Whether developing creative talents, embracing leadership opportunities, engaging in physical activity, or contributing to the community, students at BFS are encouraged to get involved, try new things, and take full advantage of the many opportunities available. Our aim is to ensure every learner not only excels academically but also grows personally, socially, and creatively through a vibrant and inclusive enrichment journey.

EXTRA-CURRICULAR		Activities			Term 5		 BRISTOL FREE SCHOOL	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<b>Tutor Time</b>	Boys Band (5) Room DG32 Mrs Humphries	Year 9 Stage Combat (5) Room DG01 Ms Jerome	Boys on Stage (5) Room DG01 Ms Jerome	Orchestra (5) Room DG32 Ms Kennard	Boys Ensemble (5) Room DG31 Ms Kennard			
<b>Lunch Time</b>	Years 7-9 Board Games Club Room DF17 Miss Coleman & Miss Goodbody		Year 7 Drama Club (5) *12-12.30pm Room DG01 Ms Jerome  Years 7-9 Taylor Swift Club Room DF17 Ms Coleman & Ms Board  Years 7-9 Basketball Mr Langeveldt	Years 7-9 Manga Club (5) Room DF35 Mrs Kinnersley  Years 7-9 Journalism Club Room DF23 Mrs Pearce	Years 7-9 Choir (5) *12-12.30pm Room DG31 Ms Kennard  Year 7 Drop in and Draw Room DF35 Mrs Kinnersley			

EXTRA-CURRICULAR		Activities			Term 5		 BRISTOL FREE SCHOOL	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<b>After School</b>	Years 7-9 Homework Club Library	Years 7-9 Homework Club Library  Books and Babble Library Ms Griffiths  School Musical Drama Hall Performing Arts Team  Year 10-11 Slice, Dice and Ace your Food Studies! Room LRC1 Mrs Corrigan & Mrs Slade  Years 10-12 Model United Nations Room DF09 Mr Ruston  Maths Challenge Club Room CF30 Mr Brown and Sixth Form  Year 7 Dance - STAGES Ms Slater  Year 7 Boys Football Mr Howard  Year 8-9 Boys Football Mr Langeveldt  Year 10-11 Boys Football Mrs Wynne-Jones & Mr Johnson	Years 7-10 Maths Challenge Club Room CF30  Years 7-9 Homework Club Library  Science Club *Blue weeks Room CF13 Ms Kelly & Mr Winner  Years 7-9 Board Games Club Room DF31 Miss Coleman & Miss Goodbody  Dungeons & Dragons Club (5) Room CG10 Ms Johnson  Years 7-9 Programming Club (5) Room CG01 Mr Cahill  Years 8-9 Drama Club *Red weeks Room DG01 Ms Jerome  Theatre Tech Club *Blue weeks Drama Hall Mr Fearon  Year 8-9 Dance - STAGES Ms Slater  Year 7 Girls Football Mrs MacBlain  Year 8-9 Girls Football Ms Urch  Year 10-11 Girls Football Ms Ballard	Years 7-9 Homework Club Library  Cipher Club Room CG01 Mrs Rostill-Jones  Trading Card Club Room DF16 Ms Ardlean  Years 7-9 Engineering Club (5) Room CG19 Mr Laxon  Years 8-9 Make Your Own Clothes Club (5) Room CG02 Mr Milstead  Year 10-11 Slice, Dice and Ace your Food Studies! Room LRC1 Mrs Corrigan & Mrs Slade  Years 8-9 Girls Volleyball Mr East	Years 7-8 Warhammer Club Room DF22 Mr Steggle			

# MEMORABLE MOMENTS

The Personal Development curriculum is enriched by a range of memorable moments - key events, celebrations, and global observances that broaden our students' understanding of the world and help them grow as thoughtful, informed, and empathetic young people. These moments provide powerful opportunities to explore important values, deepen cultural awareness, and engage with ideas that shape our society.

Throughout the school year, we intentionally mark internationally recognised days and weeks that highlight significant themes such as equality, wellbeing, creativity, and scientific curiosity. These global observances not only connect our students to worldwide conversations but also encourage them to reflect on their role within a diverse and rapidly changing world. Among these are Black History Month, British Science Week, International Women's Day, Remembrance Day, Pride Month, Sports Day, and our Annual Awards Evening. For each occasion, we plan engaging activities, assemblies, and learning experiences that bring these themes to life and create lasting memories for our students.

These events form an important part of our commitment to developing well-rounded individuals - students who are curious, compassionate, and confident in celebrating the richness of the world around them.



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