

## Regular lateral flow testing for students

Thank you for your continued support with testing. Please continue to test each Sunday and Wednesday, so that asymptomatic cases can be identified promptly.

Taking a rapid COVID-19 test twice a week will help us stay ahead of the spread of the virus, particularly as new strains appear. Around 1 in 3 people with COVID-19 have no symptoms and are spreading the virus without knowing.

All students were offered new boxes of 7 test kits at the end of last term and a further box will be available at the end of next week. We have plenty of supplies now so if there are any problems with your child's kit they can ask at Student Services for a replacement.

The result of a rapid test, even when negative should be reported straight away, every time using [www.testregister.co.uk](http://www.testregister.co.uk)



## Duke of Edinburgh - Year 10 Bronze DofE Practice Expedition

We are looking forward to our practice expedition for Year 10 Bronze participants which is taking place on Saturday 19 June. If your Year 10 child is working towards their Bronze Award and you have yet to sign them up for this practice walk, please do so over the weekend. We have a lot of behind the scenes prep work to complete to ensure the safety of everyone taking part ahead of the big day and will not accept participants on the day whose parents have not given consent via ParentPay payment item 2297089 ahead of the event. All participants will need to take a lateral flow test at home on the evening of 18 June or early morning on 19 June and be ready to confirm/show the result on arrival at the meet point.



## YEAR 8 HPV VACCINATIONS

Wednesday 30 June:

If you have not already done so, please return your completed consent form to Student Services as soon as possible. Information leaflets about this and other vaccinations can be found at:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907761/HPV\\_vaccination\\_\\_for\\_all\\_leaflet\\_2020.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907761/HPV_vaccination__for_all_leaflet_2020.pdf)

<https://www.medicines.org.uk/emc/files/pil.261.pdf>

[www.nhs.uk/conditions/vaccinations](http://www.nhs.uk/conditions/vaccinations)

## REMINDERS

### KEY DATES

- 19 June - Year 10 Bronze DofE Practice Expedition
- 30 June - Year 8 Vaccinations



# ADVICE TO PARENTS FROM BRISTOL CITY COUNCIL AND PUBLIC HEALTH ENGLAND



We are pleased to advise that since returning this week, we have not yet had any notifications of confirmed cases of Covid-19 in school.



However this is not the case in all Bristol schools and it is critical that we continue to be extra cautious and alert to other possible cases.



Guidance from Bristol city Council and Public Health England to Bristol schools was shared with you earlier in the week and we must draw your attention to it again please. We feel strongly that parents and carers should be fully informed so that you can keep your families and the school community Covid-19 free. We are very grateful to everyone for the support you are giving the school. It is brilliant to be at the centre of such a caring community.

Many of the confirmed cases in Bristol schools are asymptomatic and parental choice to LFD test has been really helpful to aid identification.

The renewed advice from Public Health England and Bristol City Council is

- Continue LFD testing at least twice weekly for non-symptomatic students and staff.
- Swiftly self-isolate and seek PCR testing for anyone with a positive LFD or any symptoms, including milder illness such as headache, sore throat / cold symptoms. This means that should your child have these symptoms we will ask you to arrange a PCR test.
- Self- isolate close contacts of suspected cases pending PCR results.



In addition, Public Health England and Bristol City Council now advise that once a positive PCR result is received, all close contacts should seek a PCR test. The close contact PCR test can be booked via the national portal ticking the box that the person has been advised to take a test. It is important to note that if a close contact receives a negative PCR they must still complete the 10 day self-isolation period linked to the original case. Please also note that it is much quicker to go to a PCR test centre than to do a home/postal test, so please do this if possible. The good news is that testing is easily available with no waiting time at the moment at the Bristol sites and the turnaround time is fast.

With your help and support we hope to continue to protect our whole community and so we collectively thank you.

## My rapid home test checklist:



For further information on rapid testing in Bristol visit:

[www.bristol.gov.uk/rapidtest](http://www.bristol.gov.uk/rapidtest)



HANDS



FACE



SPACE



FRESH AIR



# BFS PRIDE



Pride month is celebrated every June as a tribute to those involved in the Stonewall uprising in Manhattan in 1969, and to celebrate the lesbian, gay, bisexual and trans (LGBT+) community all around the world.

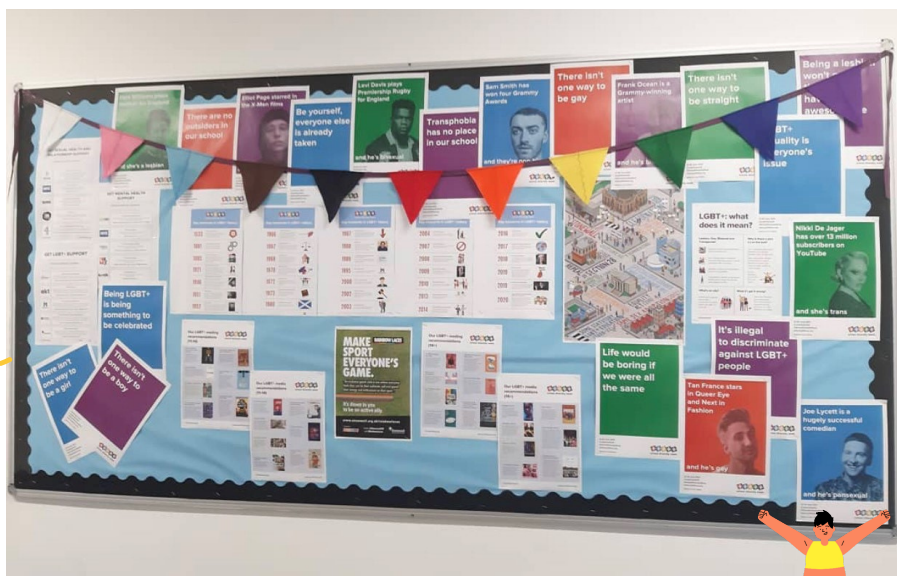
Under the Equality Act 2010 we have a legal obligation to promote understanding about LGBT+ equality and to challenge prejudice. As part of our efforts to ensure our school environment is a place where every child can be themselves and thrive, we will be joining hundreds of thousands of pupils and school staff taking part in School Diversity Week 2021 (21st-25th June) to celebrate LGBT+ equality in education.

We will be offering a series of talks, masterclasses and lessons which will champion inclusivity, diversity and equality.



Have you seen our Display boards? It's time to champion LGBTQ+ equality at BFS

**LGBTQIA+**

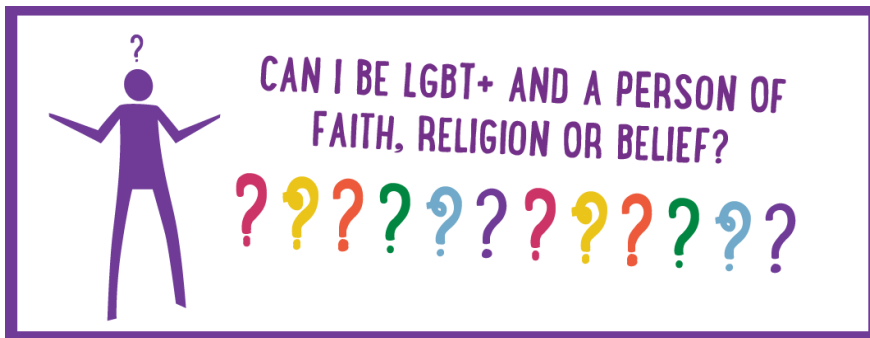




Join Miss Roberts in DF18 for the following masterclasses broadcast live:

- Years 9 and above: Tuesday 22nd June from 15:30-16:20: Lord Michael Cashman - How have LGBT rights changed in the UK?
- All year groups: Wednesday 23rd June from 15:30-16:30: Interfaith panel - Can you be a person of faith and be LGBT+?

Places are limited due to social distancing restrictions. Please email [a.roberts@bristolfreeschool.org.uk](mailto:a.roberts@bristolfreeschool.org.uk) to sign up to attend one or both of the masterclasses.



On Friday 25th June we will be hosting an LGBT+ ambassador from the charity Just Like Us who will be delivering a talk remotely to all students during tutor time.

Their LGBT+ young adult ambassadors deliver **talks and workshops** championing LGBT+ equality. They speak honestly about **who LGBT+ people are**, and **share their own stories growing up LGBT+ today** to connect with all students in a powerful way.

After their sessions, **86% of students understand** why everyone should care about LGBT+ issues.





# HEAR FROM OUR NEW HEAD STUDENTS!



DURDHAM



CANFORD



ASHTON



BLAISE



EMILY

Hi, my name is Emily and I am currently studying English Literature, Psychology and PE, all of which I am really enjoying. I like playing netball and reading, and occasionally write articles for the school newsletters. My main interests are equality based, specifically women's rights, and I hope to study something to do with either Sociology or English at university.

I am having a really great time so far at BFS Sixth Form and can't wait to try and help implement more social events next year, for both the Sixth Form and the whole school. Next year I am also excited to focus on introducing lots of house competitions and helping to try and increase the amount of equality based pastoral days, especially lessons on consent and sexual harassment.



I'm Ben, one of the new Head Students at BFS. I'm studying Geography, Maths and Economics and I am really enjoying my time in the Sixth-Form. Geography is my favourite subject, and I hope to go on to study it at university after my time at BFS.

Next year I'm really looking forward to being able to organise events for students in the Sixth-Form and main school. Also I'm interested in making the school more sustainable and will be looking out for all the opportunities to do so over the coming year.



BEN

SUSTAINABILITY







**AMEER**

Hello, I'm Ameer, one of the new head students at BFS. I study Psychology, Sociology and Economics all of which I enjoy. I enjoy football and film, my favourites of which are Arsenal and Interstellar respectively. I am really loving my time at BFS, and hope that next year I can start pitching my ideas to help make BFS more inclusive and multi-cultural. As well as this, I am also very excited to start up house tournaments, as I believe it will be very good fun.

**Embrace**

**Diversity**



My name is Lily. I'm currently studying Sociology, English Literature and Geography at BFS. I have really enjoyed Sociology and hope to study it further after sixth form. One of my main passions is racial equality which Sociology explores, and has helped inspire my EPQ focusing on racial identity in modern Britain. Other interests I have are photography and music.

Next year I hope to help enrich the school's already inclusive community and work with students and teachers to help maintain equality and diversity within the school. Additionally, I would also like to focus on mental health as I think it is a prominent issue especially amongst young people. As a peer mentor as well as a head student I hope to be someone who students feel comfortable coming to with any worries they have or to ask where they can get help within the school. I am looking forward to working with the other head students to enhance the school's values and further maintain it as a safe space and community.



**LILY**

**EQUALITY**

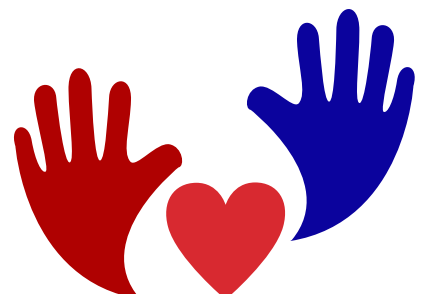
**EQUALS**

**PROGRESS**

M, E, N, T, A, L,

H, E, A, L, T, H,

M, A, T, T, E, R, S,







# MENTAL HEALTH & SAFEGUARDING

*Mental Health & Safeguarding Support, Advice & Information*



Ms Townsend, *Mental Health & Safeguarding Manager*

## CARERS AWARENESS WEEK

There are 6.5 million people in the UK who are carers. They are looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older. Caring impacts on all aspects of life from relationships and health to finances and school can be significant, and carers are facing even more difficult circumstances this year. Whilst many feel that caring is one of the most important things they do, its challenges should not be underestimated. Caring without the right information and support can be tough. It is vitally important that we recognise the contribution carers make to their families and local communities, schools and society, and that they get the support they need. We have a number of young carers in our community at Bristol Free School. They are unsung heroes managing home and school life equally, usually without any acknowledgement or help.

## Who cares in school?

Young carers are doing more than just homework after school. We need you to care about us in school.



If you feel that someone within your household is a Young Carer we are able to support in school and are keen to hear from you. We have a group of young people in similar circumstances who are able to meet and discuss their needs and support wishes in school. Please feel free to get in touch and let us know if you are aware of anyone yet known to us via [tellsomeone@bristolfreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk) or via their Tutor or Year Lead.

A young carer is someone aged 18 or under who helps look after a relative with a disability, illness, mental health condition, or drug or alcohol problem



# MEN'S HEALTH WEEK

It's time to bring awareness to health issues that affect men disproportionately and focus on getting men to become aware of problems they may have or could develop - gaining courage to do something about it!

As we emerge from the pandemic, we are seeing a growing rise in the number of health issues that have been a result (directly or indirectly) from the time we have had to reflect on ourselves. This includes men's mental health.

In England, around 1 in 8 men has a common mental health problem such as depression, anxiety, panic disorder or obsessive compulsive disorder. 3 times as many men die by suicide than women, men are more likely to be victims of violent crime and make up the vast majority of prison populations. Given these statistics mental health sits very clearly within this group.



# MEN'S HEALTH WEEK MENTAL HEALTH FACTS



**1 in 8** men will experience depression



**1 in 5** will experience anxiety at some stage of their lives



Around **1.5 million**

Australian men aged 18 years and over (17 per cent) had a self-reported mental or behavioural condition in 2014-15, according to the Australian Bureau of Statistics (ABS).

Blokes make up an average

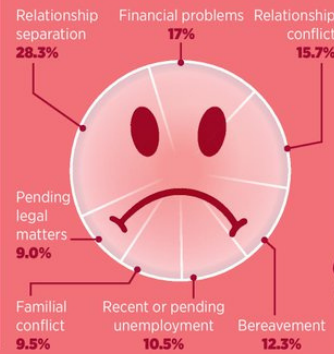
**6 out of every 8** suicides every single day in Australia



Males are more than **2x** as likely to have substance use disorders and more than three-times more likely to commit suicide than females



Depression is still a significant factor in the high male suicide rates, but not in the majority of cases. Male suicides are more commonly linked to a range of distressing life events such as



Unemployed males commit suicide at a rate that is

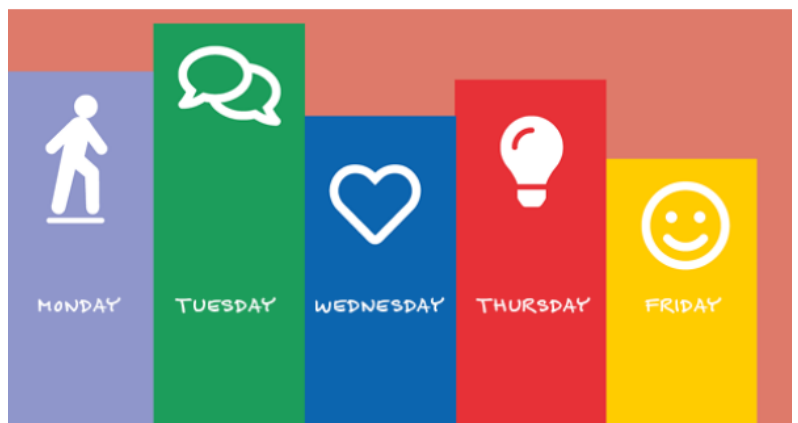
**4.6x** higher than their employed counterparts



Societal expectations and traditional gender roles play a part in why men are less likely to discuss or seek help for their mental health problems. We have a really emotionally open community in Bristol Free School. We see all students within the mental health team and are hoping to build on this week's awareness to encourage discussions within school. If you feel that your child could benefit from Mental Health Support please do get in touch either via [tellsomeone@bristolfreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk) or via their Tutor or Year Lead.



**MEN'S HEALTH WEEK**  
2021



The CAN DO approach to mental wellbeing

