



**2024**

# Sports Day











# NOTICES AND EVENTS



## KEY DATES

### Monday 15 July

Y12 DofE Gold Practice Expedition (Sun - Tues)  
Y7 Discovery Prize 3:15 - 4:15pm

### Tuesday 16 July

Y12 DofE Gold Practice Expedition (Sun - Tues)  
Celebratory Afternoon Tea with Governors

### Wednesday 17 July

Y9 Reading Buddies with Badock's Wood Academy

### Thursday 18 July

Final Celebration Assembly and House Awards  
School Closes at 12:30pm

### Friday 19 July

School Closed to All Students (INSET Day)

## NUT FREE SCHOOL

We are a no nut school. Please do not bring any nuts or products containing nuts into school. This includes snacks and lunch items such as pesto.



## MENU CHANGE

### Tuesday 16 July

Roast

### Wednesday 17 July

Fish and Chips

## ATTENDANCE PERCENTAGES

Did you know that you can check your child's attendance percentage on the My Child at School App?

At Bristol Free School, good attendance is 96% or above. Please remember that attendance percentages are not like exam scores.

90% is the equivalent of missing 1 day or 6 lessons a fortnight.

80% is the equivalent of missing 1 day or 6 lessons a week!

If your child has any barriers to attendance that you would like to discuss, please contact the Attendance Office or your child's Year Leader.

**92% attendance**



is like paying for a dozen eggs but only getting 11

Studybugs

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# HOUSE NEWS



## House Points



Well done to Blaise for earning the most House points this week!

Sports Day points will be added to the totals next week.



## ACHIEVEMENTS

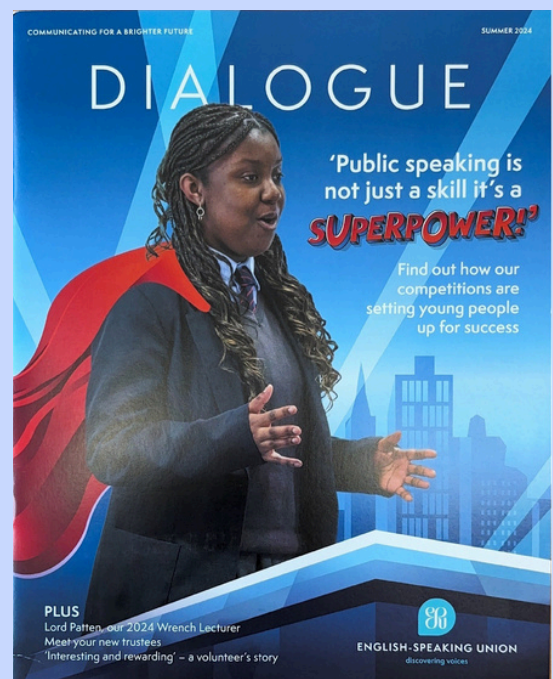
### Oracy at BFS



MRS CONWAY

During the last two years, many of our BFS teachers have been enriching our curriculum through Oracy, both within lessons and through wider opportunities for students. This has involved support from organisations such as Voice 21 and Bristol Education Partnership. This year, following encouragement from our local MP, we took the plunge and entered two teams of students into the prestigious English Speaking Union Churchill Public Speaking Competition. Mr Harris ably took the lead with this, describing his regular Friday after school training sessions with the teams as the best part of his week! Along with a wider group of students, they also benefitted from training delivered by our local MP, Darren Jones, which empowered them to speak with confidence in their assigned roles.

Following our success in the first two rounds, BFS hosted the south-west regional final, which was a delightful event on a sunny Sunday afternoon in March. This was a truly inspirational occasion, summed up by one of our students when addressing the audience, "Thank you to the ESU for helping me to find my voice". It was an unexpected surprise to find that the summer edition of the ESU magazine included a substantial feature on the south-west regional final, with a "super" BFS student on the front page. This was a truly fitting tribute to the work of Mr Harris and our teams, and it is my pleasure to share this more widely here. The full article can be found at the end of the newsletter.





# BFS ORACY

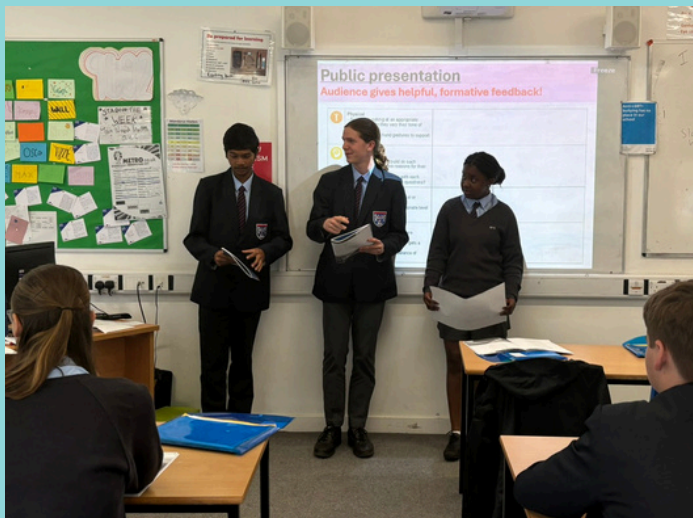
## Oracy Day 2024

Friday 5 July was our annual Oracy Day, where we focused on encouraging students to further develop their listening and speaking skills. Oracy is the ability to articulate ideas and engage with others through spoken language and is a key part of our BFS vision. Students across all departments enjoyed a range of activities including the game Taboo, debates, presentations, teaching the lesson and verbally evaluating their practical makes.

Thank you to all teachers for their involvement and for all of the fun teaching episodes that were planned! Thank you to all students who participated – we are proud of your enthusiasm, eagerness and resilience.

“ My highlight was Josh C doing an excellent presentation regarding his Non-Examined Assessment (NEA) folio and showing his peers what he had learned so far, what he knew about his client and his plans for his next steps. A great pitch for a good piece of design and research.

Mr Laxon, DT with Year 10

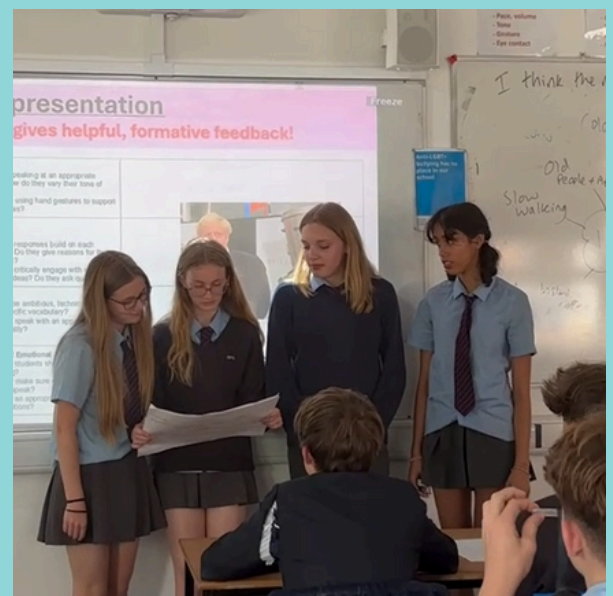


“ In Food lessons the students taught the key concepts to the class, considering the importance of fat within their diets. The lesson ended with a heated debate between Evie and Dexter about the importance and problems associated with fat.”

Ms Carter, Food with Year 10

“ In French, student went through some retrieval on how to ask questions and then moved onto quickfire translations, both into English and French. We took some time to pause and reflect on the speaking mark scheme, analysing each band. Shortly after, we continued with roleplay practice, translating common phrases used in the exam. Students had clues in the target language for help. Finally, we finished with speaking photocard practice, with students working in pairs asking and answering the exam prompts. Students either volunteered or were picked to answer each point out loud to end the lesson, with the teacher giving feedback.

Mr Nouas, French with KS3





# BFS STEM



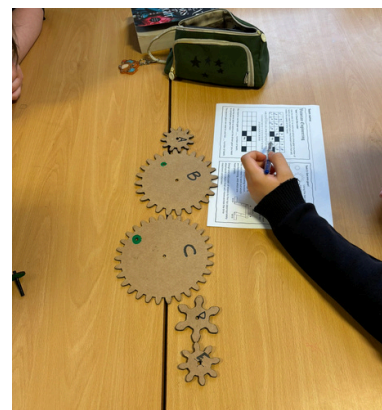
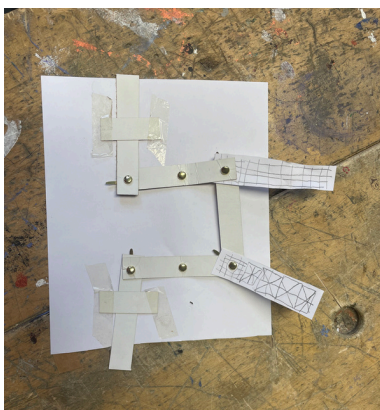
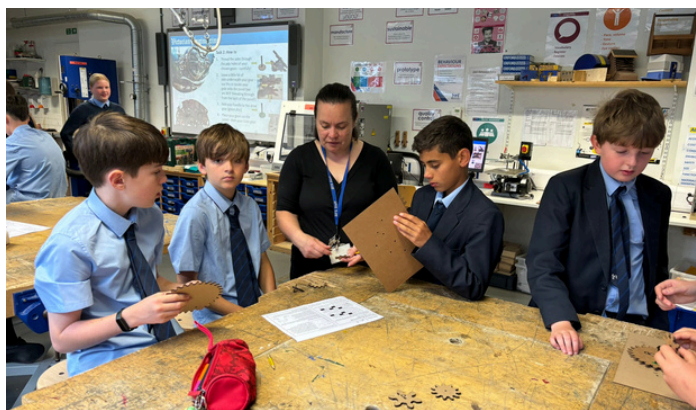
MS BOARD

## STEM Day 2024 - Turn Back Time

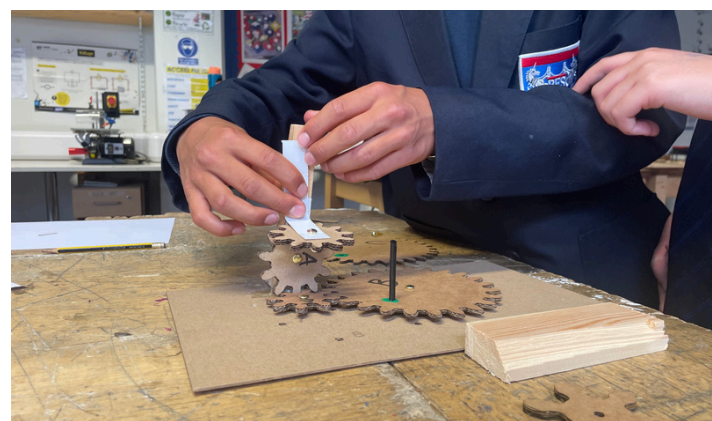
This week we enjoyed a host of fun activities in STEM, with the theme of time travel! Mrs King performed some Oscar worthy amateur dramatics as Years 7 and 8 were scattered across time and space to Ancient Greece, the industrial Revolution and the 1980s!



Science sessions were very hands on and practical, creating water wheels, water clocks and an Archimedes screw. Design Technology took on the challenge of code breaking and using cogs and gears to drive machinery. Maths had to use analogue logistics to fix Mrs King's Time Machine. Tutors worked on an ethical debate about whether we should and could change the course of history.



A special mention goes to Zidan P, Matthew S, Rupert C and Rory M, who extended their STEM tasks by attempting to build a vertical gear system! Well done!



Students were enthusiastic and engaged in all the activities and staff really got into the day, committing fully to the theme in fancy dress to match their era. We're already looking forward to next year!





MISS LUDWELL

# BFS CAREERS



## Year 9 University Trip

You would think that we would be slowing down at BFS in the penultimate week of the academic year, but no. Year 9 students attended Cardiff Metropolitan University to experience a 'day in the life' of a university student!

The Year 9s had the responsibility of picking two courses and their options were interesting: a career in sports, physiology athlete testing, sports pedagogy, media and communication, English and creative writing.

The day started off with the students sitting in the seminar room and learning about life as a university student. They were shocked to hear that the students do not follow the usual school hours! After this, they attended their chosen courses and engaged in the activities on offer (Mr Shepherd, Mr King and I were particularly useful in the football coaching session!). The activities were endless, but the standouts were students coaching each other (and staff) through a football drill, writing skilful poetry and testing their athleticism.

Well done Year 9 on taking full advantage of the opportunities provided to you!



**#BFSOpportunity**

## Year 12 British Army Residential Work Experience

This week, ten Year 12 students have been on a 4-day residential work experience at Crickhowell Camp with the British Army. The students have experienced a taste of forces life: Assault course, field cooking/rations, climbing, urban defence, leadership, drilling and 6am reveille! It has proven to be an excellent experience and our students returned on Thursday with new skills, but very tired. Thanks to the British Army for offering this work experience.



## Year 12 'Materials Matter' Conference

On Tuesday 9 July, eleven Year 12 students attended the Materials Matter conference with Rolls-Royce at Patchway. The conference was a chance for students to find out about the state-of-the-art technology, research and manufacturing using the most advanced materials, which happens in Bristol. Well done to all who attended and special recognition to James who showed his expertise on the chemistry of composite materials and Abdi who got to grips with x-ray examination of turbine blades. Thanks to the Institute of Materials, Minerals and Mining and Rolls Royce for hosting this important event.





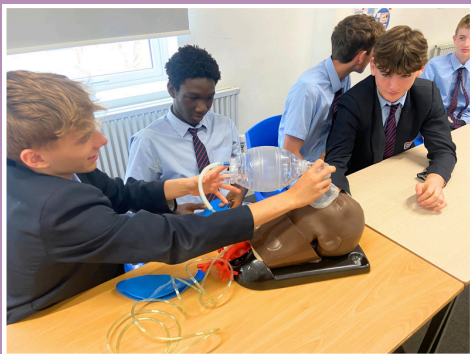
# Careers Day 2024

On Monday 8 July, Year 10 & 12 had a really exciting day, where normal lessons were collapsed and replaced by a variety of different career-related sessions and activities.

Year 10 began the day with an extended assembly, where speakers from SGS College, City of Bristol College, Access Creative and Ask Apprenticeships came in to speak to students about the range of post 16 options that are available to them, which followed an assembly run by Mr Smith about the BFS Sixth Form offer last week. We recognise the importance of giving students a wide breadth of information, so they are able to make well-informed decisions for their next steps after Year 11.



Following this assembly, students joined smaller groups and entered into a carousel of employer talks from the following providers/career areas: nursing, speech and language therapy, KMPG, Lloyds Banking Group, EDF Energy (engineering), The Bank Fitness, Robotics, Film & TV, Dick Lovett and Almeda Group. Students commented that they enjoyed hearing about career areas that they had never heard of or considered before and particularly enjoyed the sessions where they were able to get involved in activities. They asked lots of interesting questions and this experience will no doubt have helped students with their future career decisions.



We also welcomed over 30 volunteers from our fantastic BFS community and local businesses to conduct mock interviews with our students. Year 10 have recently been learning about how to write a CV and cover letter and have been practising their interview technique. In preparation for this day, they were asked to write a CV and cover letter for a job role of their choice and on Monday they were 'interviewed' for this role by one of our volunteers. Each volunteer was asked to decide who they would have offered the job to if this had been a real interview day.







## Employer Comments

"What a great event. I really enjoyed it and meeting the students. They are an impressive bunch!"

"I think that the day was great for the pupils, and I was really impressed with their preparation for interview. They also asked some good questions and I genuinely enjoyed all of the interviews.

"It was an absolute pleasure to meet the students who were all, as usual for BFS, engaging & well-mannered."

"The students were a credit to the school. It taught me about being positive and encouraging of students."

We are so proud of how our students conducted themselves during their interviews; they overcame their nerves and performed so well, showing maturity and professionalism. Our volunteers could not have spoken more highly of our students; in fact, they were all desperate to offer the roles to many of the candidates they interviewed. Many of them spoke about how competitive the field was and how much they enjoyed the experience themselves.



37 students were 'offered the job' and, at the end of the day, were given their job offer letter by Mrs King who enjoyed playing the role of Alan Sugar and declaring 'You're hired!'. These students should be particularly proud of themselves, they shone above an outstanding field of candidates.



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We want to take this opportunity to publicly thank all of the volunteers who gave up their time to come to BFS and work with our students. It would not have been possible without your generosity. Hopefully a day to remember for all!



## What the students enjoyed most...

"I enjoyed learning about jobs from people actually doing the jobs"

"The interview it was a great opportunity to practise doing a real interview and I received great feedback on what I did well and what I should do better"

"Learning about careers not many people are aware of"

"How enthusiastic everyone I met was. It really makes jobs more appealing when people love their own job"

"Hearing about the different opportunities within the community and how I can get involved"



For Year 12 Careers Day, students had a full day of activities designed to help them with their decision-making and making applications for their next steps after sixth form. They began the day with an assembly from Dale Willis, who spoke to our students about the benefits of using LinkedIn to develop their own personal brand, make career-related connections and find work/opportunities. Dale then ran workshops with students throughout the day to show students how to use the platform effectively and to begin building their profiles.



In the afternoon we welcomed Pete Marlow and Nicole Seward from the University of the West of England. They spoke to students about how student finance works, how you apply, and general advice for budgeting. Students also had a session where they were given time with their tutor to craft their personal statement and conduct research into their post-18 options, as well as sessions where they were guided in setting up and completing their UCAS applications. Students were also able to opt-in to any of the employer talks being run as part of the Year 10 Careers Day.



Finally, the last session of the day was an exciting one. We welcomed three BFS alumni back to talk to our Year 12 students about the apprenticeships they have gone on to do since leaving BFS. David McGregor (alumni of 2022) spoke to students about the level 4 apprenticeship in software engineering that he competed this year with Hargreaves Lansdown, Jacob Cook (alumni of 2021) talked about the degree apprenticeship in transport planning that he is competing with Stantec, and Sophie Headford (alumni of 2020) talked about her degree apprenticeship in audit with KPMG. All three were extremely enthusiastic about their apprenticeships, noting the benefits of being paid whilst studying, accruing no student debt, and gaining invaluable workplace experience that is difficult to get whilst at university. We are so pleased to see these students doing so well, and our Year 12 were really grateful to hear from them and learn about options other than the traditional route through higher education.

# #BFSOpportunity



# BFS FOOD TECH

## Year 7 Cooking Lessons

Year 7 made some fantastic pizzas this week using lots of different skills that we learnt throughout the term. Here are a few pictures.



MRS HARVEY

DELICIOUS



# BFS DRAMA



MS JEROME

## Year 12 Devised Performance

A huge well done to A Level Drama students for their Devised Performance. A really lovely piece of very moving theatre about the social crisis surrounding the number of people who go missing every year in UK.

Year 10 Drama students came to watch the piece and were inspired and moved. They recognised that this will support them in their own devising work.



#BFSAmbition



# MUSIC AND DRAMA SUMMER SHOWCASE



A huge congratulations to everyone who took part in the Drama & Music Showcase on Tuesday 2 July. Performers really did themselves proud! The audience were treated to an array of performances, ranging from drama duologues and solo music performances, through to musical theatre acts and numbers. A particular shout out to Louisa M and Emily R, two budding singer-songwriters who performed their own work. A truly lovely evening showcasing some of the best of our BFS talent! Well done to everyone involved, we are so proud of you!





# DIALOGUE

'Public speaking is not just a skill it's a **SUPERPOWER!**'

Find out how our competitions are setting young people up for success

## PLUS

Lord Patten, our 2024 Wrench Lecturer

Meet your new trustees

'Interesting and rewarding' – a volunteer's story



ENGLISH-SPEAKING UNION

discovering voices



ORACY

'Public speaking is not just a skill, it's a  
**SUPERPOWER!**'

Darren Jones, MP for Bristol North West, linked the ESU-Churchill Public Speaking Competition to a recent oracy campaign of his own. We went along to the South West regional final to find out more

Awura from Bristol Free School and Elijah from Collegiate School Bristol in full flow at the South West regional final



## ORACY

It's a Sunday afternoon in mid-March and the gym hall at Bristol Free School in the north west of the city is buzzing with anticipation. The occasion is the South West regional final of the ESU-Churchill Competition 2024 in which six teams – the winners of a total of 23-area heats – will compete to find out who will go through to the grand final in Cambridge in May.


As tea urns bubble at the back and the chocolate biscuits disappear faster than all the others, rows of chairs are filling with the parents, grandparents and siblings of the competitors who are just returning to their seats after the 20 minutes of prep time. Intended as an opportunity for the questioner and chair from one team to find out more about the speaker with whom they are paired and their topic, the level of giggles and chatter suggest things have got off to a good start.

At other regional finals (there are a total of 12 across England and Wales), the event might now start without further ado. But today, we are joined by Darren Jones, the Member of Parliament for Bristol North West. Born and raised in the area, he has been supporting the competition since last autumn, when he launched his own 'Speak like you own the room' campaign, and is here to address the students before the competition gets underway.

'Public speaking is a great skill to have, which I'm sure you all know by now,' he begins, 'but what we know, that maybe other people do not, is that it's not just a skill, it's a superpower. It's a superpower because with it, you can change the world. You can effect change in your lives and your local communities through the power of your public speaking,' he says, before going on to stress the value and relevance of all the roles involved. 'In the real world, the speaker might be persuading someone to give them a job or to invest in their business,' he says. 'The questioner has to ask for the right information to reveal the key issues of a debate, and the chair has to ensure that the most important points are heard.'

His delivery – and the fact that he has given up his Sunday afternoon to be here – show that this is a subject close to his heart – and so it proves when we catch up for a quick chat afterwards.

***'It's not really very difficult and it doesn't cost anything. I see public speaking as a huge opportunity to help people succeed'***



Darren Jones, MP for Bristol North West addresses the participants

'I think many people, especially young people, look at the world and often feel like there's not much they can do to change the things they want to change or to achieve the things they want to achieve,' he says. 'But when they realise that something as simple as thinking about how they speak, listen or question can help them, it is empowering because they realise that it's within their grasp. It's not really very difficult and it doesn't cost anything – it's not about resources. I see it as a huge opportunity to help people succeed.'

As an MP and a former lawyer, Darren is well aware of the importance of oracy, but as with so many children at state schools, it was not something he was taught. A student at Portway Community School (now called Oasis Academy Brightstowe), then one of the worst-performing schools in the country, the closest he got to public speaking skills was through the music department. 'I was quite shy as a kid, but because I was good academically, I had opportunities to do music,' he says, 'and that was the start of me being much more confident in terms of being on a stage and expressing myself. I didn't discover public speaking or debating until I got into law school as a postgraduate and needed to win a training contract. I would have loved to have been involved in a competition like this while I was at school.'

Realising that while public speaking was being regularly taught in fee-paying schools, it was still not being taught in any of the state schools, bar one, in his constituency, Darren decided to take matters into his own hands, visiting each school with the intention of sharing some of the tips ▶





Questions come thick and fast from the floor

Judges Norma Felstead, Rosemary Paige and Scott Lockie discuss the students' performance

he'd picked up in his largely self-taught public speaking career. 'That's why I contacted the ESU,' he says. 'I did rather question whether I was qualified to deliver a public speaking masterclass, so looking at how you grade the competitions and the way you structure them helped us design the pack that we were delivering.'

This involved real footage of Darren performing each of the competition's three roles, both in parliament and on television. 'We had some examples of me doing things well, and some less good examples,' he laughs, 'and we talked about the real-world application of those skills and times when they'd resulted in tangible change.' He also encouraged students to practise these skills as much as possible, which is of course what brings us here today.

**A collaborative competition**

'It was Darren who encouraged us to take part in the ESU-Churchill Public Speaking Competition,' says Cath Conway, Deputy Head at Bristol Free School, our generous hosts for this afternoon. 'I'd definitely recommend it. The students have really got behind it – it's been brilliant.'

Joe Harris, teacher of English and reading coordinator at the school, echoes this thought.

'We meet after school on a Friday, and people always see me on their way home and commiserate with me having to stay, but it's actually been the best bit of my week,' he smiles. 'The students are so incredibly motivated, thoughtful, lively and passionate, and I absolutely adore the collaborative nature of the competition, where you get kids from state and private schools meeting and mixing together. I'm an English teacher because I firmly believe in stories being the way that we make meaning in our society. So the more opportunities we have for young people to hear and share each other's stories, the better.'

The students' passion is much in evidence in the hall today as the competition, ably MC'd by Jeremy Moger of Salisbury branch, gets underway. First up is Eve from Torquay Grammar School for Girls, speaking on why we should all learn another language. Relating a tale of her father's hapless attempts at communicating with the hospital doctors after she'd broken her arm on a family holiday in France, her delivery is warm and engaging.

Jack from Bishop Wordsworth's School in Salisbury talks passionately about

**THE WINNERS**

**WINNING TEAM:**  
Torquay Girls' Grammar School Team B: Speaker Rose, Chair Tallulah and Questioner Rosie

**BEST SPEAKER:**  
Elijah, Collegiate School Bristol

**BEST CHAIR:**  
Isabella, Torquay Girls' Grammar School Team A

**BEST QUESTIONER:**  
Ethan, Bishop Wordsworth's School Team A

See page 5 to find out the winners of the grand final







The winning team: Tallulah, Rosie and Rose from Torquay Girls' Grammar School Team B

how money can't buy happiness, while other themes include organ donation, trigger warnings and 'the pen is mightier than the sword' – prompting one alert questioner to ask 'could misinformation be more dangerous than physical violence?'

**Gaining confidence**

Haroon, chair of Bishop Wordsworth's Team A tells me later he finds it 'thrilling' to 'relate someone's speech to his own experience' while Isabella from Torquay Girls' Grammar School Team A says that what she enjoys most is meeting other students – a thought reiterated by Elijah from Collegiate School Bristol, the only private school in this event. 'It's been really nice just being around people who have the same kind of interests as me,' he smiles.

In her closing address, Awura, chair of the host school team, graciously thanks the ESU for 'giving me the opportunity to discover my voice.' When we talk later she explains, 'I've always been quite shy but I did

the competition because I really wanted to get out of my shell. I didn't want to stay being that person who doesn't talk to people – and I feel so much more confident now.'

*'I did the competition because I really wanted to get out of my shell'*

As the judges – Scott Lockie and volunteers Rosemary Paige and Norma Felstead from Salisbury branch – deliberate, I talk to more parents and teachers about why they think the competition is so valuable. Jacqueline Booth, a mother of one of the teachers, has been coming to the competition for years. 'I was a social worker and used to work in adoption,' she says. 'I was always amazed how some children can barely speak at all. The children in this competition are not only speaking, they're addressing an audience, answering questions, thinking on their feet – it's very impressive.' Sally White, Second in English at Bishop Wordsworth's School tells me about the confidence and leadership skills the public speakers gain.

'I think our past six head boys have done the public speaking competitions,' she says, while Tom Benyon, grandfather of one of the contestants, says, 'I thought the standard universally good. I thought that they were enthusiastic, articulate and it's a wonderful hope for the future of our country that there are people prepared and able to get up and thump home their cause.' A former MP for Abingdon, Mr Benyon knows a thing or two about public speaking himself and has clearly relished the event from start to finish. 'I have four children and 11 grandchildren,' he says, 'and I must have been to 500 plays and nativities. This was a blessed relief!'





# COMMUNITY AND ANNOUNCEMENTS

## THINK FORWARD

Supporting the Move Up to  
Secondary School

FREE

### RESILIENCE LAB

for new Year 7s

Tuesdays from 3rd Sept  
4:30 - 5:30 pm  
at Greenway Centre

Activities to build  
resilience to change,  
challenges, and school  
worries.

Join us for a Taster  
Session at The Ranch -  
Tuesday 20th August  
11:00 am -12:00 pm



SCAN ME

### PARENT POP-UP

for parents & carers of  
new Year 7s

Wednesday 21st August  
10:00 - 11:00 am  
at The Ranch

Interactive session led  
by Primary Mental  
Health Specialists on:

Supporting your  
child to make a smooth  
transition to Year 7.

Where & how to  
access mental health  
support for your child  
in Secondary School.



SCAN ME

oTR

AWP



SOUTHMEAD DEVELOPMENT TRUST

For further info email:  
[katemartey@southmead.org](mailto:katemartey@southmead.org)  
tel: 0117 950 3335



# COMMUNITY AND ANNOUNCEMENTS



## Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of BRISTOL

In paid partnership with:



Use Access Code  
**GROWING**



## For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- **Understanding your brain** development and what this means for how you feel and behave
- **Understanding your feelings**, your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers

Designed by clinical psychologists in partnership with practitioners and teenagers



Residents of BRISTOL

In paid partnership with:



Use Access Code  
**GROWING**



## Community Events - Young person's checklist

<input type="checkbox"/>	<p><b>Fully charge your phone and if you have one bring a backup charger.</b>            Tip: Write your parent/carer's number on a bit of paper in case you run out of battery, and you need to borrow someone else's.</p>
<input type="checkbox"/>	<p><b>Connect and stay safe.</b>            Tip: If you are going with friends, or you're not going straight from home – make sure your parents can contact each other.</p>
<input type="checkbox"/>	<p><b>Check the weather and dress appropriately. Wear sensible footwear.</b>            Tip: If its hot - bring sun lotion, sunglasses, and a hat!</p>
<input type="checkbox"/>	<p><b>Eat breakfast.</b>            Tip: Bring a cereal bar/snacks with you. It might a while before you can access buying food.</p>
<input type="checkbox"/>	<p><b>Stay hydrated - Bring a bottle of water.</b>            Tip: Bring a bottle you can refill.</p>
<input type="checkbox"/>	<p><b>Agree meet up points incase you get separated from friends and/or family.</b>            Tip: look for landmarks like churches, community centres or shops that are close by.</p>
<input type="checkbox"/>	<p><b>How are you getting home? Have you agreed with your parents what you need to do?</b>            Tip: know when the event ends –think about how long you'll wait for public transport.</p>
<input type="checkbox"/>	<p><b>Look out for each other and stay safe. It can be tempting to keep up with what your friends are doing.</b>            Tip: If you or a friend gets ill/sick – get help! Leave together if you feel uncomfortable.</p>

## THANK YOU IN ADVANCE FOR RESPECTING...

- each other - remember the purpose of the event – leave any grievances at home.
- the community and neighbourhood – don't pee in the gardens or alleys, use designated [toilets](#)
- the environment - put your rubbish in the bin or take it with you.

**If you feel unsafe alert event organisers**  
**If you or other are in immediate risk of harm or**  
**you witness a crime call 999.**

