

What has been happening in...

# history?



MR RUSTON



## Year 7

Year 7 students have been studying the tumultuous events of 1066, ending in William of Normandy's devastating victory over Harold Godwinson in the legendary Battle of Hastings and the subsequent Norman conquest.

Year 7 have also produced some wonderful work for their *Who Do You Think You Are* project homework. Well done!



In Year 8, students have been getting to grips with the Reformation and the iconic royal family: the Tudors! Students have been debating key questions such as:

*Was Henry VIII a tyrant or misunderstood?*

*What challenges faced Elizabeth I?*

*How diverse was Tudor England?*

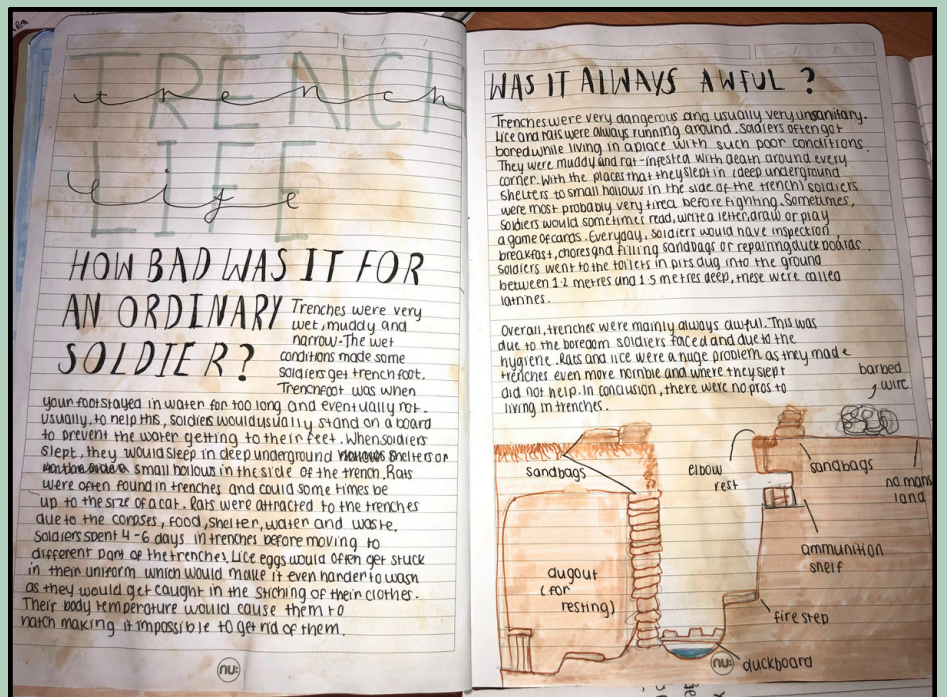


## Year 8



## Year 9

Year 9 students have been eagerly studying the First World War. Key focuses of this unit have been on the causes of the conflict, the role of the Commonwealth, 'was the Battle of the Somme a disaster for Britain?' and 'why did men sign up to fight?'. Students have also been doing their own research into some wider aspects of the Great War and have produced some fabulous research projects!



# THE FIRST WORLD WAR

### Trench Life

Some major problems faced in the trenches were...

Trench feet - New soldiers had spent days standing in mud water for days on end. This could lead to trench foot, a disease caused by wet feet, blisters and small cuts on their feet would become infected which would cause the feet and toes to rot. The only cure was to amputate the foot. Soldiers had to be on lookout during the night as this is when the Germans could attack. The only time they got to sleep was usually in the afternoon when they only got a few hours sleep at most.

Food - The British supply and rationing was poor. The British soldiers were fed less than the German soldiers. They were also given hard biscuits as they also had rations of tinned meat and tinned vegetables. They also had to eat their own excrement to keep clean in the trench.

Disease - Trench fever was a major problem. It was caused by lice and fleas. It was spread by lice and fleas. It caused a fever, aches, and a rash. It was also spread by lice and fleas. It caused a fever, aches, and a rash.

Gas - The gas was spread through the trenches. It was spread through the trenches. It was spread through the trenches.

### Women in WW1

As men went off to fight in the war women had to take on the jobs that the men used to work.

In the factories, women were the ones who worked. They were working in factories, working in factories, working in factories.

Join the Land Army

During the war, women were needed in the factories, working in factories, working in factories.

THESE WOMEN ARE DOING THEIR BIT

LEARN TO MAKE MUNITIONS

### The Home Front

As the battles of the First World War continued, the need for resources on the home front became increasingly important.

Supplies were needed for the war effort. The home front was the backbone of the war effort.

For the home front, it was not just about the production of goods, but also about the morale of the people. The home front was the backbone of the war effort.

## The Assassination of Franz Ferdinand

The Black Hand Gang has planned to assassinate Franz Ferdinand. He is the heir to the Austro-Hungarian Empire.

Later that morning...

Who is Lady Serpentina? She is the wife of the British ambassador to Sarajevo.

Soon after...

Oh Black Hand Gang, you've got Lady Serpentina's car!

They've pulled up earlier today. I'll take the girl, Catherine, you take the girl.

Ad so...

Help, someone's been shot!

**BOOM!**

### World War I

and so one shot started all of world war one!

and so one shot started all of world war one!

and so one shot started all of world war one!

### World War I

With the utmost reluctance and with infinite regret, His Majesty's Government have been compelled to put this country in a state of war.

6 August 1914

**TRENCH LIFE**

**WAR AT SEA**

**HOME FRONT**

## GCSE

Our GCSE History students have been working extremely hard. Our delightful Year 10 students have been studying the history of medicine and are now experts in the key scientific and technological breakthroughs that have laid the foundations of the modern medical approaches we see today.

Our Year 11s, as well as studying the Early Elizabethan England era, are now revising hard for their first round of mock exams. Best of luck to all of you!

## A Level

In Year 12 History, students have been continuing their studies into communist Russia and the Wars of the Roses, exploring themes such as *Was Henry V the greatest English monarch of all time?* and *How similar were the regimes of Lenin and Stalin?*

Year 12 Politics students have been getting stuck into the issues of the day, exploring the workings of the UK constitution and parliament, the role of political parties and the effectiveness of UK democracy.

Year 13 History and Politics students are also revising hard for their mocks and have been studying units on Mao's China and US politics respectively. During what was a nail-biting election campaign across the pond. Year 13 students also enjoyed a great trip to London, visiting Westminster and the Tower of London in the last week of term.

Well done to everyone for a great start to the academic year!



# NOTICES AND EVENTS



BFS\_Bristol



BFS\_Enrichment

## KEY DATES

### Monday 11 November

Remembrance Service  
Y10 Macbeth Workshop

### Tuesday 12 November

Student Photos (outstanding Y9/11)

### Wednesday 13 November

Y7-9 DEAR - P1  
Y10 Curriculum Evening for  
Parents/Students (Virtual)

### Thursday 14 November

Y7-9 DEAR - P1

### Friday 15 November

-

## QUICK LINKS

[Lunch Menu](#)

[Extra-Curricular Clubs](#)

[Term Dates](#)

[Student/Parent Handbook](#)

[Past Newsletters](#)

## MONKHOUSE UNIFORM SHOP

We have been informed by our uniform supplier, Monkhouse, that they are relocating their Stoke Gifford store on Thursday 14 November to a new store in Kingswood by 1 February 2025.

During this transition period the following measures are in place to minimise disruption:

- Click and collect will be available from the existing Stoke Gifford store until 14 November
- Free home delivery on all orders placed after 2 November until the new store opening date
- There will be an extended returns period for all online orders for 60 days
- Advice and fittings available in their Bedminster store



## LATE ARRIVALS



Students are expected to arrive at school at 8.25am, to be in tutor groups for 8.30am. Those arriving between 8.30am and 9am will be given a late mark and a detention.

## ROUTINES AND LATENESS

The start of a new term is a great time to get into a solid attendance and punctuality routine!

We expect students to be in school by 8.25am, ready to attend tutor at 8.30am. Students who are late without good reason will be given a detention. Our registers close at 9am, so students who arrive after this time without good reason will have unauthorised absence recorded. Unauthorised absence lates can lead to fixed penalty notices or prosecutions being issued by Bristol City Council.

Information about fines and prosecutions are available by clicking this link: [Fines for parents for taking children out of school: What you need to know - The Education Hub](#)





## Taekwondo World Cup

Oliver in Year 12 competed for the English national team in the Taekwondo World Cup over half term, held in Argentina. Oliver competed in the 15-17 age category, showing skills in patterns/forms (set movements that must be done as correctly as possible). He won a gold medal! Well done!



## Dance Success

Well done to Rimon in Year 7 who participated in a dance competition in north Devon over half term. Rimon came third in her Lyrical solo and fourth in her Ballet solo. Congratulations!



## Artistic Swimming

Congratulations Anastasia in Year 10 who has been selected to be part of GB Youth Artistic Swimming Programme for 2024/25!



## U18s Boys Rugby

Over half term, Sam, Cian and Will (Sixth Form) all competed in the Bristol Schools U18s School Cup against QEH 1st, walking away with a 17-12 win and with Cian, as captain, collecting the cup at the end of the game! Well done guys, what a great way to start half term!

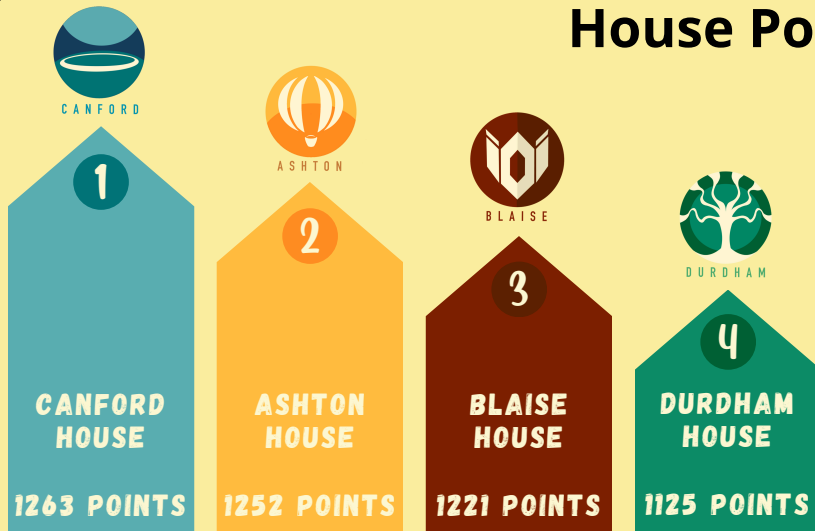




# HOUSE NEWS



## House Points



Term 2 is under way and Canford have earned the most House points this week. Well done!

**#BFSCommunity**  
**#BFSOpportunity**  
**#BFSAmbition**

## Top House Point Earners

Congratulations to our top House point earners this week!

	Ashton	Blaise	Canford	Durdham
Year 7	Dexter C	Charlie S	Holly, Oscar B, Thomas H, Adea	Frederick
Year 8	Molly	Shai	Noah S	Edward
Year 9	Molly, Miranda	Rory	Florence P, Ben G	Olivia H, Betsy, Alivia
Year 10	Heidi	Ella A, Winnie	Joseph P	Olivia
Year 11	Ella J, Laura, Pantea, Emlyn, Nicholas, Eloise G	Ryan	Joshua C	Charlie D
Year 12	Layla	Archie, Evan	Dylan M	Lauren, Brennan
Year 13	Antoine	Ben M	Jemie	Elen

## Book Review Challenge

We are asking students from all year groups to complete a book review to be featured in the newsletter.

**What?** A book review of a recent book you enjoyed.

**How long?** 200 - 250 words.

**How to submit?** Email or hand it in to Miss McMurdo, DG08.

**Why?** Miss McMurdo is choosing submissions to go in the newsletter, and you will get 5 house points for handing it in (10 house points if it is chosen to be in the newsletter). It is also a great way to share book recommendations!

***We look forward to reading your reviews!***



# House Cupcake Decorating Competition

Volunteer to represent your House in a cupcake decorating challenge on Monday 2 December, 3-4.15pm in CG23.



**Monday 2<sup>nd</sup> December 3 – 4:15pm CG23**  
 Volunteer to represent your house in a cupcake decorating challenge



## Reverse Advent House Competition

### What are we doing/what do we need?

This festive season, BFS will be collecting food items for the Bristol North West Foodbank. Items required are listed on a reverse advent calendar.

### Why are we doing this?

At BFS, one of our key values is Community. This festive season we would like students to develop their community spirit through participating in this House competition. Furthermore, this will also help and support the local community.

Each Tutor Group will get a Community House point for achieving all 24 days. Prizes will be awarded to the tutor group from each year group with the most food items collected in total.

### When are we taking part?

Collection starts from today until Tuesday 19 November, when the food items will be collected by Bristol North West Foodbank.

Thank you so much for supporting such a great cause. This really showcases the BFS community spirit!

**#BFSCommunity**



**REVERSE ADVENT CALENDAR**

Bristol North West Foodbank  
 Together with Trussell

1 Milk  
 2 Stuffing  
 3 Christmas Pudding  
 4 Custard  
 5 Jam  
 6 Rice Pudding  
 6\* Custard\*  
 6 Pasta  
 9 Canned Vegetables  
 10 Gravy  
 11 Rice  
 12 Biscuits  
 13 Fruit Juice  
 14 Instant Mash  
 15 Stuffing  
 16 Sponge Pudding  
 17 Treats  
 18 Toiletries  
 19 Chocolate  
 20 Crackers  
 21 Toothpaste & Toothbrush  
 22 Tinned Meat  
 23 Tinned Fish  
 24 Tea & Coffee

0117 9235343  
 office@bristolnwfdbank.org.uk  
 www.bristolnorthwestfoodbank.org.uk

Bristol North West Foodbank is registered charity No 1147727 Registered in England and Wales

# Science Competition

The 37th MiSAC Annual Competition has launched! The aim of the competition is to develop an understanding among teenagers of the impact of human fungal diseases and the emerging threat of antifungal drug resistance across the globe.



## What do you need to do?

You are required to design an illustrated, web-page report for teenagers to raise their awareness of a human fungal disease and outline the problem of antifungal drug resistance. [More information.](#)

- Select one named human fungal pathogen and its associated named disease. Describe the pathogen, the disease and its symptoms.
- State how common the disease is and its effects on specific groups (eg. HIV patients, cystic fibrosis patients, transplant patients).
- Describe the major antifungal drug treatments that are used to control the disease and their effectiveness.
- Discuss the factors that contribute to antifungal drug resistance and suggest future ways of combatting the emergence of antifungal resistance.

## Five Top Tips

1. Use the scientific name of any pathogens you mention.
2. Do not forget that the first name (genus) begins with an upper-case letter and the second name (species) has a lower-case initial letter (eg. *Trypanosoma brucei*). This can be abbreviated, for example, to *T. brucei* after its first use.
3. Use italics for the scientific name - or underline it if your entry is hand-written.
4. Use your own words because plagiarism will be penalised.
5. For data and other material used to illustrate your entry, provide information of their sources.

## What makes a good web page?

Effective web pages rely on being not only informative but attractive, lively, well-designed and often amusing, in order to make an immediate and memorable impact. This can be achieved by using photographs, diagrams, drawings, plus data and sources of further information. Make the presentation of your entry entertaining for its intended audience - teenagers.

**Submit all entries to Ms Hawes in CF19 by 3 March 2025. They will be posted together to MiSAC.**

**All entries must be no larger than one side of A3 paper.**

- **House points available!**
- **External prizes: 1st - £100, 2nd - £50, 3rd - £25**

# SEND

## SEND Coffee Morning

Come along to our SEND Coffee morning hosted in partnership with Bristol Parent Carer Forum where you can find out more information on what support is available locally for your child with special educational needs and disabilities. It does not matter if you do not have a diagnosis, we are here to support every family in Bristol and we are parents ourselves, so we get it!

We have limited space so would kindly request you email [sen@bristolfreeschool.org.uk](mailto:sen@bristolfreeschool.org.uk) to register your interest.

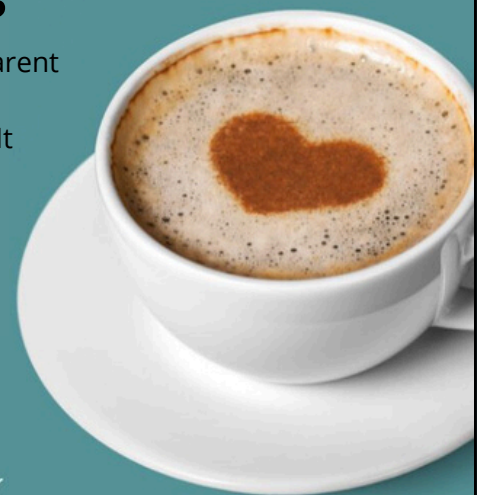
**Date: Thursday 21 November 2024**

**Time: 11am - 12pm**

**Location: Bristol Free School**



**Bristol Parent  
Carer Forum**  
*Shaping the Future Together*



# BLACK HISTORY MONTH

## Black History Month Competition

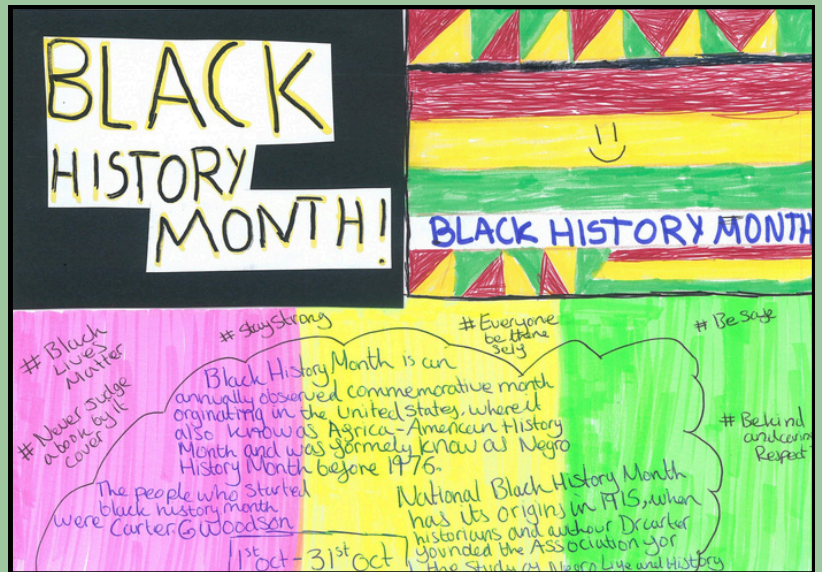


## RECLAIMING NARRATIVES

There was an excellent response to the Black History Month competition. Focused on the theme of reclaiming narratives, students were invited to create a piece of work celebrating the life of any Black figure from history. There were some very imaginative responses, and it was fantastic to learn so much about people whose achievements previously might not have been acknowledged as much as they deserved. A selection of the entries can be seen below, alongside the names of the eventual winners. Well done to everyone who entered!

### Otis Boykin, by Max R

Otis Boykin was super smart, he made cool things that played a part. For toys, gadgets, even more, his inventions we adore. He made resistors, small and neat, to help our gadgets work so sweet. He even helped hearts to beat, with pacemakers that is really neat. So here's to Otis for making things we use each day. A great mind, a helping hand, he made our world so grand.



**THE LIZZIE AND BELL MYSTERIES**  
DRAMA AND DANGER  
T. WILLIAMS  
ILLUSTRATED BY SIMONE DOUGLAS

**Ignatius Sancho**

Ignatius Sancho was born in 1729. He was a British abolitionist, a writer and a composer. He was born on a ship carrying enslaved people from their homes in West Africa to the Caribbean. His parents died when he was a small child and he was sold in London to work as a slave to a family. He was determined to escape and he ran away to work as a butler. He then bought a grocery store and turned it into a tea shop where he lived with his wife and children.

I have chosen to write about this person because I have recently read a historical novel based on his life in London in the 18th century. I was amazed to learn about how black people were snatched from their beds or the streets and put on to slave ships bound for plantations in the Caribbean.

He is inspiring because he taught himself to read and write, campaigned for the abolition of the slave trade, composed plays and pieces of music and was also the first person of African origin to vote in a British Election.

I have found it fascinating learning about his life and the Somerset Ruling which led to the abolition of slavery. I came across a piece of his music in my sister's violin book which shows that his music is still being enjoyed today!



## WINNERS

- Mia, Year 7 (Blaise) - Ignatius Sancho
- Fakryia, Year 8 (Blaise) - Ignatius Sancho
- Max R, Year 8 (Blaise) - Otis Boykin
- Kushi, Year 8 (Durdham) - Black History Month
- Jasmine, Year 9 (Blaise) - Barbara Walker
- Harry, Year 13 (Canford) - Bryan Mackey



# Sixth Form OPEN EVENING 2024



It was a pleasure to welcome so many guests to the School for our Sixth Form Open Evening. We hope that those that came left with a better understanding of what makes our Sixth Form unique and a better understanding of which subjects they would like to choose next year.



Current BFS students have a guaranteed offer of a place in the Sixth Form if they achieve at least 5 Grade 4s at GCSE (including English and Maths).

You can find our Sixth Form prospectus here: [BFS Sixth Form Prospectus 2025](#)

You can find out more about the subjects that we offer here: [Sixth Form Subject Videos](#)

The deadline for applications is Monday 9 December and you can apply here: [Application Form](#)



Thank you to our Head Students from Year 13 who gave a warm welcome at the talk and shared their highlights of BFS. Also, thank you to the student volunteers who acted as subject ambassadors.

# Thank you

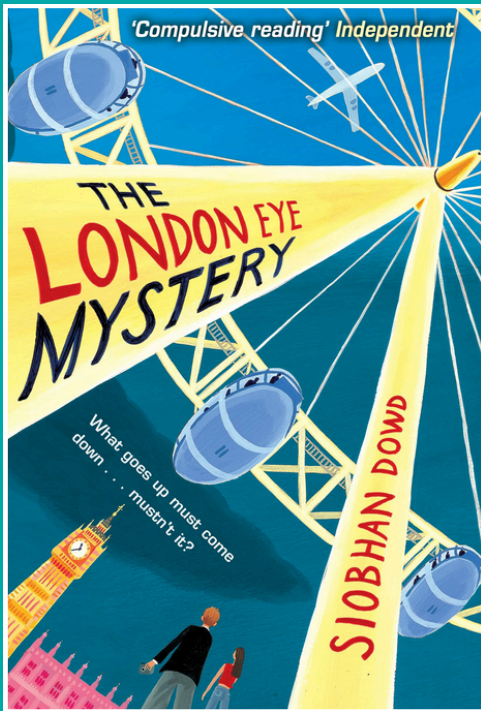
# ENGLISH



MISS MCMURDO

## Review

10 House Points!



### **The London Eye Mystery by Siobhan Dowd Review by Charlie, Year 7**

The London Eye Mystery is a mystery story where things just won't slot into place. I loved this book because it made me feel like I was the detective solving the puzzle. The story itself is immersive and enjoyable and I would definitely recommend it to any confident reader who loves a good mystery story.

#### **A bit about the plot**

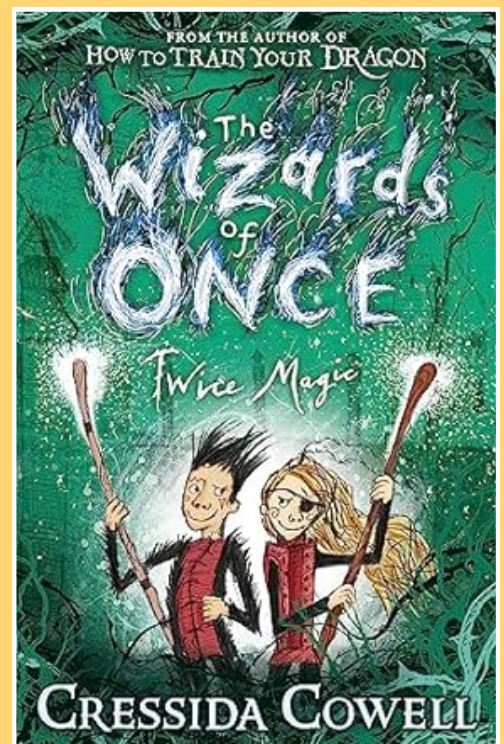
When 12 year old Salim goes missing after his trip on the London Eye, his cousin called Ted and his older sister Kat who he is staying with, alongside his mother (Aunt Gloria), make it their mission to find him. This is a medium-paced mystery story which I recommend to all audiences who love a good puzzle to read about.

I would recommend this book for children aged 9 and over due to some difficult words contained in the book.

### **The Wizard of Once: Twice Magic by Cressida Cowell Review by Frederick, Year 7**

This book took me into a wonder of magical adventures between the three friends: Xar (a wizard), Wish (a warrior) and Bodkin who is Wish's bodyguard as she is a princess. However, there is not only Wish, Bodkin and Xar but there are also giants and werewolves who are very friendly when you get to know them. All the creatures and humans are on a mission to find all the ingredients for the spell to take away Xar's green, gooey witch stain which he had got from a battle at the end of the first book. Moving through the book, the three friends and their collaborating creatures come across many difficulties between dangers that can put them in grave peril. Following the end of the book Wish's magical eye, which is exceedingly rare as it is the only magic that can attack iron, becomes extremely powerful and she uses it to defeat the king witch – horrendous disgusting ginormous birds. As she defeats the king witch, she obviates herself into millions of blue dust pieces which then come back to resemble herself again – she had defeated all evil. Or had she...

I would most definitely recommend this book as it really shows amazing vocabulary and sets the scenes fantastically so you can imagine each moment in your head vividly.



# Sixth Form Bristol Old Vic Theatre Trip

On Tuesday evening, Year 12 and 13 English students went to see a new production of *Never Let Me Go* at the Bristol Old Vic. The novel by Kazuo Ishiguro is one of the set texts for A-Level English Literature.

It is a dystopian novel set in a version of the 1990s where human cloning is used to prolong the lives of ordinary citizens. For many of the Year 12 students, it was their first insight into Ishiguro's unsettling and existential story, whilst for Year 13 it served as a useful revision activity, even providing them with new insights and interpretations.



## LIBRARY & READING



MS GRIFFITHS

## Year 7 and 8 AR Quiz Race and Bookmark Challenge

This year's Accelerated Reader hot air balloon quiz race has lift off!



Each English class in Year 7 and 8 participate in the AR reading programme by tracking their reading progress through book quizzes. Each quiz passed is a point for the class. Current race leaders are 7XM with 53 quizzes passed, and in Year 8, racing to the lead, with 62 successful quizzes are 8YH. It is early days though, so get quizzing.

To support the quiz race, each student in Year 7 and 8 will be given a bookmark to track the books being read. Write the title of the book on the bookmark, pass an AR quiz and earn a House point. This week, Charlie in Year 7 has been awarded 10 House points for the quizzes

he has passed on books including *Inkheart*, *The Hunger Games* and *The London Eye Mystery* to name just three fantastic reads.

## House Book Competition

Borrowing books from the School Library could help your House earn a bumper lot of House points. Surprise counts of books borrowed by students (and staff) will take place during the year with the winning House receiving a high number of points. So come to the Library to borrow your books and give your House a boost.

Current joint leaders are Durdham and Blaise, with Canford close behind. Position in the competition can be checked by looking at the board in the Library. Each House is represented by a tree with leaves in the House colour. One book equals one leaf on the House tree. So let your House tree bloom by visiting the Library and checking out a book or two.



# CAREERS



It has been a busy week with lots of career exploration opportunities for our students being announced. For most of them, all you need to do is sign up. Many of them have deadlines or limited numbers, so if you are interested, sign up ASAP!

## Rolls Royce Open Evenings

Two invitation-only in-person events to find out more about apprenticeships with Rolls Royce.

**Bristol Apprenticeship Open Evening:** Tuesday 3 December. Y10-Y13 students and their parent/carer.

Sign-up links: [5pm](#) / [6pm](#) / [7pm](#).

**Bristol 'Future Females' Apprenticeship Open Evening** (for girls interested in finding out more about engineering or technical roles):

Wednesday 22 January. Y10-Y13 female students and their parent/carer.

Signup links: [5pm](#) / [6pm](#) / [7pm](#)

## Theatre Experience

This is a free day of backstage workshops at Bristol Old Vic for 15-18 year-old budding backstage theatre technicians. The day, on Saturday 14 December, will be led by industry professionals and facilitators, and will include workshops on Lighting Design & Operating, Set & Costume Design, Stage Management, and more.

Apply here: [Technical Training Programme | Bristol Old Vic](#)

Also, a fantastic seven-month Technical Youth Theatre programme (Monday evenings January to July 2025) for 15-18 year olds. This free programme will take place on-site at Bristol Old Vic, where participants will attend weekly sessions covering a range of skills with the aim of giving them a pathway into production-based roles. Apply here: [Technical Youth Theatre | Bristol Old Vic](#)

## Breaking into Your Future Career

### Free Taster Events for Students

Six free webinars in which students **explore potential career paths** and hear directly from industry professionals to discover what they can do now to set themselves up for success.

19-21 November: Breaking into **Creative Arts, Psychology, Medicine, Banking, Law and Engineering.**

Sign up here: [INVESTIN free student taster events](#)

## Rolls Royce Degree Apprenticeships

Earn while you learn at one of the world's most iconic brands. For degree apprenticeships based out of Bristol, follow the links below. For more information on applying: [Students & Graduates | Rolls-Royce](#).

**Engineering** Degree Apprenticeship: [Engineering DA](#)

**Manufacturing Engineering** Degree Apprenticeship: [Manufacturing DA](#)

**Non-Destructive Testing (NDT)** Degree Apprenticeship: [NDT DA](#)

**Project Management** Degree Apprenticeship: [Project Management DA](#)

**Supply Chain Management** Degree Apprenticeship: [Supply Chain Management DA](#)

## Careers in Finance

Interested in a career in finance?

The [NHS Finance Insights Placement Scheme](#) offers 12 months paid work experience in NHS finance roles to individuals aged 18+ who do not plan to attend university and come from lower socio-economic backgrounds.

The programme will give successful candidates work experience in an entry-level finance role, allowing them to develop new skills and gain on-the-job work experience. The application close date is Friday 23 May 2025. If candidates are shortlisted, interviews will take place in June/July, and placements will start in September 2025.

# Green Careers Week

To mark Green Careers Week, here is a link to [The Parents' Guide to Green Careers Week 2024](#).

Here are two tools which students (and parents!) can use to help them discover how to find 'green' jobs and understand what makes a green job green:

**Green Buzz** which is designed to help you explore green careers that match your personality strengths.

**Green Jobs Explorer** is a tool which harnesses job advert data to offer new insights into the green labour market.

## Employer Talk

Our Employer Talks for Year 9 to 13 students started this week with a talk from Rob Slade, an Application Support Lead at financial services company, Novuna.



Rob entertained students with stories about his career journey through the world of application support. He explained the importance of having soft skills, like problem-solving and communication, when applying for jobs in IT.

Rob developed these skills in his first job in customer service at Argos, which was not an IT-related job, but helped him build the skills he needed to take into his first application support job at Morrisons. The supermarket chain is unique in manufacturing most of its own fresh food, and Rob played an important role in ensuring the tech was always up and running, notably in the fish abattoir.

Rob progressed his career with jobs at BAE Systems, Hermes and DAZN, leading him, at the age of 36, into his current senior role with Novuna.

Rob had some useful advice for students considering a career in IT:

- Develop soft skills like teamwork and problem-solving
- Build up a portfolio of IT projects like making websites for friends and building your own low-code and no-code applications. You can include these on your CV and talk about them at job interviews
- Develop your knowledge of cloud computing
- Get work experience with IT businesses to find out more about the industry, build skills and improve your CV
- Choose a degree you will enjoy - the skills you have developed are more important to employers than your specific degree choice
- For entry level jobs, try getting work on a service desk, where generally no previous experience is required
- Use networking sites like LinkedIn to network and make contacts (Rob found his latest job through LinkedIn)



**Coming up...**

**15 November:  
Simpsons Solicitors**

**29 November:  
Savills (real estate)**



MS SLATER

## Year 7 Boys Rugby

In an exciting day of rugby, the Year 7 team showcased their talent and determination on the field. The team demonstrated a fantastic victory against Redland Green School, demonstrating strong teamwork and strategy. Alfie and Fin stood out with their impressive performances, making crucial tackles and contributing significantly to the team's overall success.

In a closely contested match against Blaise High School, the Year 7 squad fought hard but narrowly missed out on victory. Despite the loss, the team's spirit remained high, and they showed great resilience throughout the game. Eddie S played a pivotal role, displaying leadership and skill that kept the team competitive.

Additionally, it was a proud moment for Dexter T and Cardinal as they played their first rugby matches. Their enthusiasm and effort were commendable, earning them honorable mentions. Overall, it was a day filled with strong performances and valuable experiences for the Year 7 team, setting a solid foundation for the rest of the season.



Wow!

## Year 8 Netball Festival

Year 8 played their Festival at Redland Green School on Tuesday and played RGS1, RGS2 and Cotham School. They won all three of their games with Daisy being nominated as player of the Festival. Very well played Year 8! Well done!



well done ★

## Year 8 and 9 Netball

On Wednesday, our Year 8 and 9 Netball teams hosted Fairfield School at BFS. It has been a while since we have hosted at School, so it was lovely to play on home ground!

A late start meant for shorter games for our students, but the added practice at netball club beforehand lead to some wonderful game play and resulted in both Year 8 and 9 teams to take the win!



Fantastic

## Y10 Girls Netball

Our Year 10s attended Hayesfield Girls' School in Bath on Monday, playing in the Sisters n Sport National Netball Plate. The team were at a bare 7, and really brought their all to the game! After a fantastic couple of quarters, the team finished with their highest scoring quarter in quarter 4! Unfortunately, even with their phenomenal grit and determination, it was not quite enough to beat Hayesfield Girls' School, who clinched the win!

## Year 9 and 10 Athletics

On Thursday, Year 9 and 10 attended Redland Green School to enter into the Annual Sports Hall Athletics Competition, and what an event it was!

Everyone who participated was absolutely fantastic! Hopping, skipping and jumping away from the event with multiple 1st, 2nd and 3rd places! We are yet to hear where we placed overall, however, from Miss Slater's calculations, we are thinking it must be top 3 out of all the schools that entered! A fantastic afternoon which everyone thoroughly enjoyed! Well done all!



## Calling All Parents and Volunteers

We are looking for any parent helpers that could support the running of our Term 3 and 4 (January - April) extracurricular clubs. We will have the following sports that you could help out with:

**Football**

**Basketball**

**Volleyball**

**Hockey**

**Trampolining**

Clubs run on Monday, Wednesday and Thursday, 3-4/4.15 (depending on location).  
If you are interested, please email Mrs Ballard for more information.

### UPCOMING FIXTURES

Monday 11 November	Bristol Schools Cross Country	Failand
Monday 11 November	Y9 Rugby	Blaise High School
Tuesday 12 November	Y7 Netball Festival	Redland Green School
Wednesday 13 November	U14 SnS Neball vs Farmor's School	Farmor's School
Wednesday 13 November	Y7/8 Sports Hall Athletics	Redland Green School

# COMMUNITY AND ANNOUNCEMENTS

## Free support sessions

Bristol Parent Carers offer a range of free support sessions designed to support parents and carers of children with SEND. It's easy to book - [click here!](#)



Join us for free information and support sessions covering a variety of topics both in person and online. Or pop along to a peers support session (children welcome!) to find hints and tips on how best to support your family. No diagnosis is needed to access these sessions.

### PEER SUPPORT SESSION ONLINE



NEW

PEER TO PEER SUPPORT WITH BRISTOL PARENT CARERS.

JOIN US FOR A WARM AND WELCOMING ONLINE SUPPORT SESSION WITH PARENT CARERS.



### Transport-Home to School Travel Rights

WITH BRISTOL PARENT CARERS AND GELDARDS SOLICITORS



geldards



### Epilepsy Peer Support Session

WITH BRISTOL PARENT CARERS AND YOUNG EPILEPSY



### An introduction to Makaton

WITH BRISTOL PARENT CARERS AND ALI PENNINGTON



### Supporting your young carer

WITH BRISTOL PARENT CARERS AND CARERS SUPPORT CENTRE



### Transition to adulthood - Financial Planning

WITH BRISTOL PARENT CARERS AND RHIANNON GOGH



### How to be a strong advocate for your child

WITH BRISTOL PARENT CARERS AND LISA BAKER-MURRAY



### Peer support sessions Greenway Centre & Inns Court





# Schools and Colleges Early Support Service: Parent and carer live webinars



Dear Parents and Carers,

We would like to invite you to attend our webinar series specially tailored for parents and carers of adolescents.

The topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- How to support your young person with low mood
- Anxiety in adolescence - how can parents and carers help?
- Emotional based school non-attendance (EBSNA) - practical tips and strategies to support your young person
- Understanding the impact of bullying on a young person's mental health - practical strategies to help you support your young person to get through their experience and feel okay again
- Adolescent self-harm - how to make sense of it and when to seek support
- Supporting your young person through exam time
- Weathering the storms of strong adolescent emotions - do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your young person
- Understanding the adolescent brain - strategies to help you understand and support young people's mental health and wellbeing
- Supporting your young person to stay well online
- Supporting young people who experience panic
- Managing adolescent behaviour that challenges - tips and tricks
- Supporting your young person to navigate healthy friendships
- Transitioning to Secondary School - supporting your child with the ending and a new beginning
- Supporting your young person with anxiety before they get their exam results

Further details on each webinar are below. To register please click on the relevant Zoom link. After registering, you will receive a confirmation email containing information about joining the meeting.

## Understanding the impact of bullying on a young person's mental health - practical strategies to help you support your young person to get through their experience and feel okay again

**Autumn term: Thursday 3 October 12:00-13:00.** Click [here](#) to register.

While lots of young people experience bullying, it is an incredibly difficult thing to go through and can have a huge effect on your young person's mental health and wellbeing. As a parent or carer, this may feel very challenging and worrying.

This webinar outlines the different ways in which young people are bullied and discusses how this might impact them day to day. There are also useful and practical strategies to help you support your young person to get through their experience and feel okay again.

## Adolescent self-harm - how to make sense of it and when to seek support

**Autumn term: Tuesday 8 October 12:00-13:00.** Click [here](#) to register.

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents and carers.

This webinar provides an overview of the risk factors and methods of self-harm. It explores the various reasons why young people may self-harm and offers ideas on how parents and carers can talk to and support their young people. It will also discuss instances of self-harmful behaviour that may require professional support.

## Supporting your young person through exam time

**Autumn term: Tuesday 15 October 12:00-13:00.** Click [here](#) to register.

Tests and exams can be a challenging part of school/college life for young people and their parents or carers. Supporting young people through exams is all about reducing stress, optimising wellbeing and putting good study processes in place. Parents/carers play a vital role in helping their young people maintain a positive outlook in the run-up, during and after exams are over.

This webinar will offer advice around communicating with your young person at exam time, help you to spot the signs of stress and offer you strategies to support your young person in managing exam stress in a healthy way.

## Weathering the storms of strong adolescent emotions - do's, don'ts and when to consider talking to someone

**Autumn term: Thursday 17 October 12:00-13:00.** Click [here](#) to register.

Adolescence inherently consists of many 'storms' that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Young people may grapple with their own identity, social relationships, and a need for autonomy. In turn parents face the challenge of being left out, managing their own reactions to strong adolescent emotions, and finding different ways of connecting with their young people.

This webinar provides an overview of the changes that adolescents go through, why they may experience emotional shifts and how these are linked to processes in the brain. It also offers ideas and advice around how to support young people with their strong feelings.

## Building resilience, staying connected and nurturing your relationship with your young person

**Autumn term: Wednesday 6 November 17:00-18:00.** Click [here](#) to register.

Adolescence is a time when self-esteem, strong feelings and growing autonomy naturally affect the relationship between caregiver and young person. This requires parents and caregivers to find new ways of connecting with their young people. Parents and carers may feel left out, worried, and they may experience a sense of loss over the relationship that they used to have with their young person when they were younger.

This webinar offers ideas on how to maintain and build trust with your young person, how to stay connected and how to nurture your relationship with them.

## Understanding the adolescent brain - strategies to help you understand and support young people's mental health and wellbeing

**Autumn term: Tuesday 12 November 12:00-13:00.** Click [here](#) to register.

Scientists have discovered that our brains physically change in response to our experiences throughout our lives. Adolescence is a time of significant brain development as young people begin to engage more independently with the world around them.

This webinar provides an insight into the stages of brain development through early childhood, adolescence and into adulthood. It considers how changes in the brain affect the emotions and behaviour of your young person, whilst providing evidence-based strategies to help you understand and support their mental wellbeing.

## Supporting your young person to stay well online

**Autumn term: Tuesday 19 November 17:00-18:00.** Click [here](#) to register.

Many young people spend time online - this can bring lots of opportunities, but it can also be difficult for young people to know how to stay well when they are online.

This webinar will explore how parents and carers can support their young people to stay well online. We will consider the importance of modelling good online behaviour, boundary setting and the impact of screen time on sleep. We will also offer suggestions around how to support your young people to stay safe online, with signposting for further support if you are concerned.

## Supporting young people who experience panic

**Autumn term: Thursday 21 November 17:00-18:00.** Click [here](#) to register.

Everyone experiences feelings of anxiety and panic at certain times, it's a natural response to stressful or dangerous situations. For lots of young people, panic attacks can appear to start for no reason or without any warning signs. When a young person has a panic attack, it can feel scary and overwhelming but there are ways to stay in control and feel better. This webinar will help you to recognise situations where a young person may experience panic and offer you helpful strategies to support the management and feelings of intense fear and anxiety in a healthier way.

## Managing adolescent behaviour that challenges - tips and tricks

**Autumn term: Tuesday 26 November 12:00-13:00.** Click [here](#) to register.

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their young people who may increasingly not want to hear any advice that their parents have to offer.

This webinar provides an overview of adolescent development, including common challenging behaviours during adolescence. It discusses different caregiving styles and offers tips for parents and carers on how to approach and discuss challenging behaviour with young people, and how to set boundaries.

## Supporting your young person to navigate healthy friendships

**Autumn term: Thursday 28 November 12:00-13:00.** Click [here](#) to register.

During adolescence, friends will become an increasingly important part of our young person's support network, but it can sometimes be hard for young people to know how to maintain healthy friendships, and what to do when difficulties arise.

This webinar explores ways that you can support your young person to develop healthy friendships, including the importance of modelling healthy friendships and active listening. We will also consider the importance of supporting friendship opportunities, and how to help them navigate peer pressure.

### Transitioning to Secondary School - supporting your young person with the ending and a new beginning

Summer term only

The move from primary school to secondary school can feel both exciting and overwhelming for your young person. This webinar explores ways that you can support your young person during this period of change.

Top tips will be shared to help you to consider the challenges and opportunities that may arise during this transition, how to spot when your young person may be struggling and strategies to help you to support your young person.

### Supporting your young person with anxiety before they get their exam results

Summer term only

Exams and the period leading up to exam results can understandably feel quite stressful for many young people and their families.

This webinar explores ways in which you can support your young person with feelings of anxiety before results day. We offer top tips from our young champions and healthy coping strategies that you can use to support both your own and your young person's mental wellbeing.

Schools and Colleges  
Early Support Service  
Anna Freud

### How to support your young person with low mood

Autumn term: Tuesday 17 September 12:00-13:00. Click [here](#) to register.

Low mood does not just affect adults. Young people can experience low mood too. Common signs of low mood often include sadness that does not go away, feeling irritable all of the time, not being interested in things that used to be enjoyed and feeling tired or exhausted a lot of the time.

This webinar will offer insight into how to spot the signs and symptoms of low mood, providing understanding of why young people are vulnerable to experiencing low mood and evidence-based strategies to support young people.

### Anxiety in adolescence - how can parents and carers help?

Autumn term: Wednesday 25 September 17:00-18:00. Click [here](#) to register.

It is common to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things; for example, talking to new people, going out with friends, or doing their best in exams.

This webinar focuses on what parents and carers can do to help their young people who are experiencing anxiety. The webinar covers common anxieties during adolescence, such as, exam stress, social anxiety and worries about identity and development. It offers advice on how and when to access support for you and your young person. As well as discussing a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

### Emotional based school non-attendance (EBSNA) - practical tips and strategies to support your young person

Autumn term: Tuesday 1 October 17:00-18:00. Click [here](#) to register.

Feelings of worry and anxiety are something that everyone experiences from time to time. It is not uncommon for young people to worry about school. For some young people, however, that worry can become so significant that they may have difficulties in attending school.

If your young person has high levels of anxiety and is finding it difficult to attend school, they may be experiencing EBSNA. School non-attendance is a term referring to reduced or non-attendance at school by a young person. Rather than the term 'school refusal', the term EBSNA recognises that this avoidance has its root in emotional, mental health or wellbeing issues.

This webinar focuses on young people who have early emerging presentations of EBSNA. It offers advice on how to support your young person, understand the anxiety cycle of avoidance and suggests practical tips and strategies to help your young person overcome their difficulties.

Schools and Colleges  
Early Support Service  
Anna Freud

SATURDAY 16th NOVEMBER  
SUNDAY 17th NOVEMBER

# THE BRISTOL BRICK SHOW

BACK FOR 2024!

**THE BRISTOL PAVILION**  
GLOUCESTERSHIRE COUNTY CRICKET CLUB, NEVIL ROAD, BS7 9EJ  
LIMITED CAR PARKING AVAILABLE (PURCHASE REQUIRED)

14 & UNDER - £5 ADULTS - £9	UNDER 2's FREE	SAT 10.00 - 17.00 SUN 9.30 - 16.00	QUIET HOUR SUN 9.30 - 10.30
--------------------------------	----------------	---------------------------------------	--------------------------------

BRICK PLAY AREA	AMAZING LEGO® DISPLAYS	TOMBOLA PRIZES	ROBOT WARS
-----------------	------------------------	----------------	------------

ORGANISED BY: **GERT LUG** (RECOGNISED LEGO® USER GROUP)  
LEGO® is a registered trademark of the LEGO® Group

bristolbrickshow.gertlug.co.uk  
@GertLUG | GertLUGBristol  
info@gertlug.co.uk

SUPPORTING children's hospice SOUTH WEST FairyBricks  
Registered charity numbers 1003314 and 1181639

**FREE MEET-UPS FOR YEAR 7s**

Tuesdays, 4:15 PM - 5:15 PM  
at Greenway Centre, BS10

We are running weekly sessions especially for Year 7s to chat about how you are finding secondary school so far.

From now until 1st October Resilience Lab is the place to come for an after school snack, fun activities, and to chat about what it is like to be in Year 7.

If you are experiencing challenges and worries we are here to support you. It is a session just for your age group, and not for adults, but your parent or carer needs to sign you up using the QR code below to give their permission for you to attend.

**OTR** | **SOUTHMEAD DEVELOPMENT TRUST**

SCAN ME

Parents, carers, or year 7s - contact Kate for more details,  
email: [katemartey@southmead.org](mailto:katemartey@southmead.org), tel: 0117 950 3335  
Greenway Centre, Doncaster Road, BS10 5PY. [www.southmead.org](http://www.southmead.org)