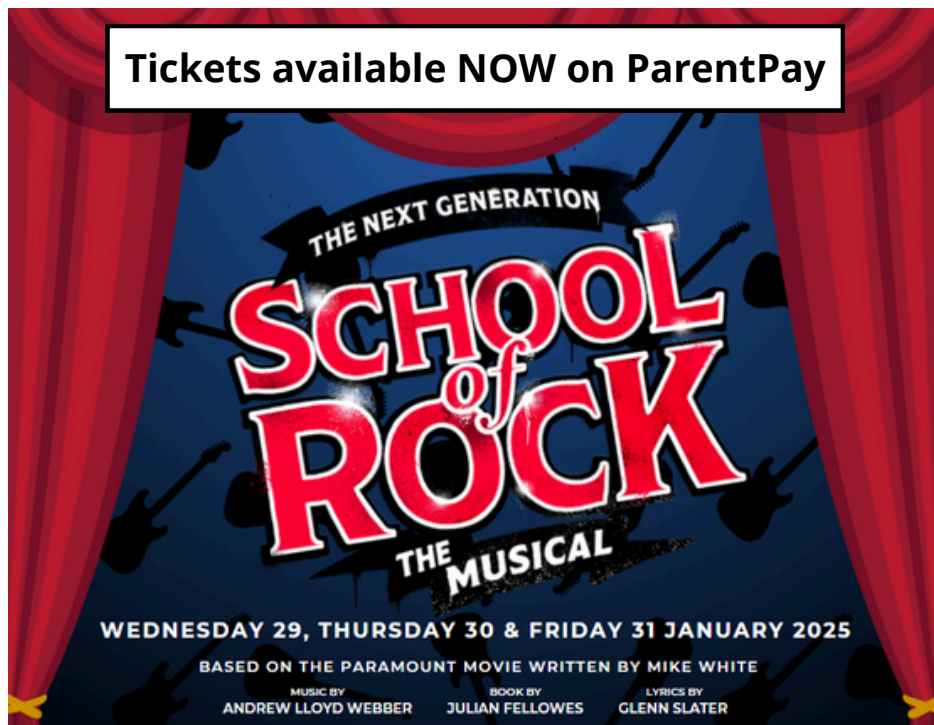


# Newsletter

Tickets available NOW on ParentPay



## What's In This Issue?

- [Notice Board](#)
- [House News](#)
- [Catering](#)
- [2024 Parent Survey](#)
- [Subject Update: History](#)
- [Food Tech](#)
- [STEM](#)
- [Computer Science](#)
- [Design & Technology](#)
- [Sports](#)
- [Careers](#)
- [Community Notices](#)

## A NOTE FROM MRS KING

Dear Parents, Carers and Students

In this week's newsletter, we are sharing a summary of the Parent Survey results from December. We truly appreciate the time you took to share your thoughts as it provides valuable insights into your views and experiences regarding the School. Students also completed a similar survey, and we have noticed some common themes coming through in both sets of responses.

One key area that has been highlighted is the need for improvements to the School's site, particularly with the Sixth Form and sports facilities. This is something that is very much a priority for me, and I am currently working with Architects to finalise plans. Once these are ready, I will be able to share the phased Site Improvement Plans for the next 1 to 3 years.

Another shared priority among both parents and students is the ongoing support for SEND students. We are committed to making adjustments to help these students thrive at school. This has been an ongoing project, especially with the growth of our SEND Department and increased in-school support. While we know there is still work to be done, we are focused on building on the progress we have made so far.

Some parents have commented on the need for more regular and timely communication from teachers regarding their child's progress. We fully understand how important this is and have designed our reporting structure to ensure timely feedback. We are also happy to arrange meetings if there are ongoing or persistent concerns. However, our teachers have very busy schedules during the school day, balancing teaching, meetings, and supervision duties, which can make responding immediately challenging. After school, time is often dedicated to clubs, meetings, and planning and marking. With this in mind, we kindly ask parents and carers to have realistic expectations regarding communication. While we strive to meet communication needs, we also need to be mindful of the time constraints within the school environment, so responses may not always be as prompt as you would like.

I do hope you enjoy this week's newsletter.



MRS KING



# NOTICE BOARD



[BFS Bristol](#)



[BFS Enrichment](#)

## NEXT WEEK AT BFS

### Monday 27 January

Y12 BEP Student Volunteering Trip

### Tuesday 28 January

Y11 DT Practical Day

Y12/13 HE+ Launch Event

English Speaking Union Heat

### Wednesday 29 January

Chinese New Year Themed Dining Day

Y11 GCSE PE Internal Standardisation

Y11 DT Practical Day

School Musical Performance to Primary Schools

School Musical Performance to Parents

### Thursday 30 January

School Musical Performance to Parents

### Friday 31 January

School Musical Performance to Parents

## QUICK LINKS



[Lunch Menu](#)

[Extra-Curricular Clubs](#)

[Term Dates](#)

[Student/Parent Handbook](#)

[Past Newsletters](#)

## WE'RE HIRING!

[DT Technician](#)

[Teacher of Computer Science](#)

## PENALTY NOTICES AND PROSECUTIONS

As a school, we work with Bristol City Council to issue PCN fines and prosecutions to parents whose children have unauthorised absences. Unauthorised absences can include instances such as: late after the register closed marks, no reason supplied by parent for absence, unauthorised term-time holidays, and school refusal. A Penalty Notice can be issued for unauthorised absences once there are a minimum of 10 session (5 days) within a 10-week period. The Penalty Notice can be issued per parent, per child. The Penalty Notice amount is £160 if paid within 28 days. However, this will be reduced to £80 if paid within 21 days.

For a second Penalty Notice issued within a 3-year rolling period to the same parent in respect of the same child, the Penalty Notice is £160 if paid within 28 days. There is no option for this second offence to be reduced to the lower rate of £80. If a Penalty Notice remains unpaid after 28 days, then the parent may be prosecuted for failing to secure regular school attendance.

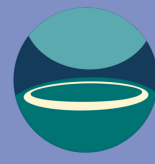
A third Penalty Notice cannot be issued to the same parent for the same child within a 3-year rolling period. Should the parent continue to incur further unauthorised absences then alternative action will be considered, which could include prosecution for failing to secure regular school attendance.

Please note that parents who repeatedly take unauthorised absences below the threshold of 5 days will also be considered for penalty notices.

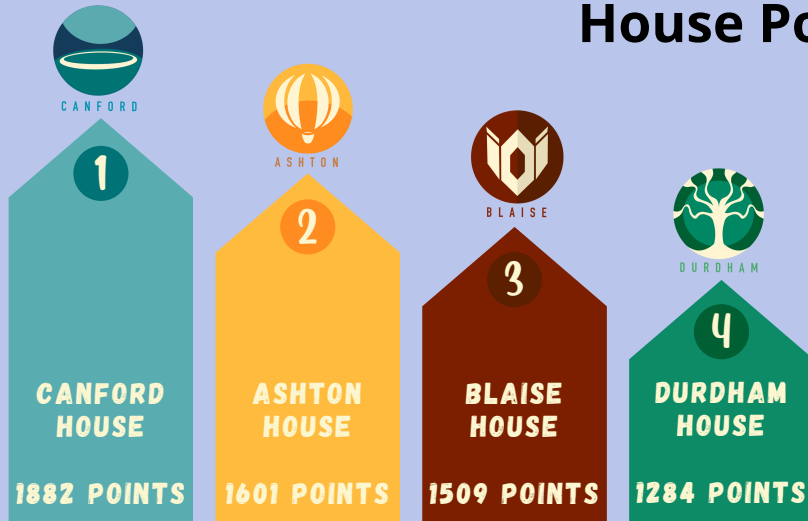
Further details can be found at: [School attendance and absence: Legal action to enforce school attendance - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/school-attendance-and-absence-legal-action-to-enforce-school-attendance).



# HOUSE NEWS



## House Points



Congratulations to **Canford** House for earning the most House points this week!

An impressive comeback!

**Go Canford!**

## Top House Point Earners

Congratulations to our top House point earners this week!

	Ashton	Blaise	Canford	Durdham
Year 7	Muhammad A	Lyla E	Ivy L	Darcey F, Joseph D
Year 8	Katy T	Krystal D	Daisy P	Tsz N
Year 9	Angelin V	Cole H	Maia B, Harry F, Lewis A	Alba J-G
Year 10	Hannah Y	Fiona H	Bronwyn E, Henry D	George h, Katy S, Oliver L
Year 11	Jessica L	James C, Thomas L	Blessing O	Ricky D, Mandir M

## Young Science Writer of the Year Awards

The Young Science Writer Award celebrates the creativity and passion of young writers who explore the exciting world of science, technology, engineering, and mathematics (STEM). Open to students aged 14-16, this prestigious competition encourages participants to write engaging, informative essays on scientific topics that matter. Whether tackling climate change, AI, healthcare, or exploring the future of space exploration, YSWA aims to foster critical thinking, storytelling, and a deeper understanding of how science shapes our world. Join us in this exciting journey of scientific discovery and communication.

How to enter:

1. Write an essay of up to 800 words on a STEM topic of your choice. More details [here](#).
2. Speak to Ms Hawes for help or even proof reading!
3. Submit your entries by Friday 7 March using this link: [Submit your essay](#).
4. Email your entry to Ms Hawes to receive House points.

### Prizes

1st prize: £1000, award trophy, certificate and books signed by science writers.

2nd & 3rd prize: £250, certificate and books signed by science writers.

Highly Commended Prizes: An additional 10 students will receive a commendation prize of £100 each. The commended entrants will also be invited to the awards ceremony to be presented with their certificates.

House Parliament interviewed Mr East this week about Equalities and the PSHE programme.

There were some very thoughtful and considered questions which Mr East was able to answer or has promised to revisit later on.

House Parliament were very keen for BFS to have more specialist outdoor providers come into school to deliver sessions or training. One theme that came up repeatedly, was 'situational first aid training' such as how to use an EpiPen, how to use a defibrillator and how to support someone experiencing a panic attack. It was also strongly felt that fire safety training from Avon and Fire Somerset service would be beneficial as well. Students were very complimentary about the external speakers that the school has already brought in (such as Chris Hemming's work on positive masculinity). Mr East has agreed to look into the feasibility of getting more external specialists into school.

Mr East explained that we have re-balanced our PSHE curriculum to include more work on religion and therefore there is less exposure to gender and identity topics. The reason for this is that two years ago it was felt that the balance was too skewed the other way. He feels the balance is right now.

Mr East talked at length about the PSHE curriculum changes that were embedded at the start of this year and how these are now starting to 'grow through' the School. Students wanted to be taught how to challenge alternative viewpoints in a constructive manner and Mr East explained that this skill was being embedded with Year 7 students so as each year group moves through the school these skills remain with our students.



## Message from Innovate

As part of a continuous menu review, and with feedback from schools, pupils and parents, the Blue Dot range will be refined to chilled products only from Term 4 (24 February) so that it is simpler when choosing products. We want all students to maximise their spending power, and we found students were often missing out on the deal. From 24 February, all Blue Dot items will be positioned in our chillers. Items include a selection of cold deli items (filled rolls), a variety of flavoured drinks, home bakes, as well as fresh fruit pots and yoghurts.

Our hot Blue Dot range will no longer be available, and we will focus on promoting our new and improved value range of Power Bites. This will allow pupils a clearer choice of hot food at affordable prices and remove confusion at pay points.

## Chinese New Year

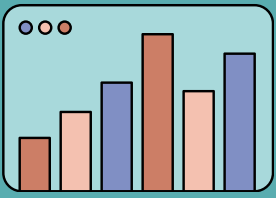
To celebrate Chinese New Year, we will be serving a range of Chinese inspired dishes on Wednesday 29 January. There will be no roast on this day.

**Wednesday 29 January - Chinese New Year Menu**

**Normal Dining Hall Menu**







# 2024 PARENT SURVEY

The following summary highlights the key findings from the recent Parent Survey conducted at the end of last term. BFS regularly collects feedback from all those involved in the life of the School and is genuinely committed to using the information it provides. In some cases, the feedback supports key areas of school life, such as our work in enrichment, behaviour, and safeguarding. The feedback also serves to highlight and focus on ongoing or new initiatives designed to improve the overall school experience.

## Sixth Form Parent



"My child loves school. The support from the teachers for his university entrance exams has been exceptional - the teachers have gone above and beyond to help him and we will always be grateful for their unwavering belief in enabling him to fulfil his dreams."

## Year 7 Parent



"My child has really started to flourish in Year 7, trying things they've never done before and finding more confidence to take part. They have quickly formed new friendships and are loving the range of subjects, including food technology, a range of sports in PE and in clubs."

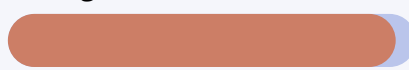
This includes looking at school facilities, the Dining Hall offering or work to minimise the impact of mobile devices on students' wellbeing.

Thank you to all the families who took the time to complete the survey as it supports the School in its efforts to continue to offer the best possible experience for all of our young people.

On average, parents rated their child's overall experience in school as 4 out of 5.



95% of parents felt students would know who to turn to if feeling unsafe.



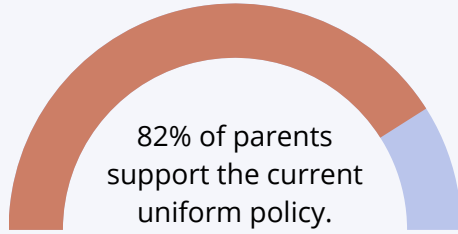
90% of parents felt students' behaviour was good or excellent.



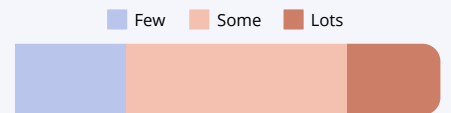
88% of parents would support the School increasing control over the use of mobile devices whilst at School.



82% of parents support the current uniform policy.



There was mixed feedback on the amount of healthy eating opportunities at school.



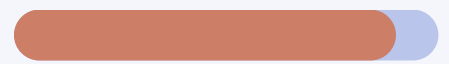
95% of parents felt the culture of mutual respect was being embedded in the school values.



47% of students attend an afterschool activity or club.



90% of parents felt that the level of communication from the School was good or about right.



**MRS KING**

I would like to outline some of the next steps that we have planned in response to some of the comments made by parents and carers in the 2024 Parent Survey. The feedback focused around five key areas:

### Supportive and Inclusive Environment

The School received positive feedback for creating a welcoming and inclusive atmosphere where students feel safe and supported. The efforts in providing individual support, particularly through the SEND team, and fostering a sense of community and belonging were commended.

**Next Step:** Further consistency in supporting diverse learner needs.

## Year 8 Parent



"The newsletter shows me how proud and supportive the school is of the pupils and how much they can achieve."

**Effective Academic Support and Quality Teaching**

Parents appreciate the high quality of teaching and academic support, noting strong exam preparation programmes and targeted interventions in subjects such as Maths.

**Next Steps:** Improve the consistency of feedback across all subjects, along with transparent communication regarding academic progress and expectations.

**Communication and Engagement with Parents**

While communication was praised there were a number of comments about delayed responses to parent enquiries and updates on student progress. Parents expressed a desire for more face-to-face interactions.

**Next Steps:** Introduction of in person GCSE Options event for Year 9 families and launching a parent/carer focus group about school plans and feedback.

**Extra-Curricular Activities and Facilities**

The variety of extra-curricular activities and clubs offered are valued by students however there are concerns about the quality and availability of sporting facilities.

**Next Steps:** We have been working on a Site Improvement Strategy which will be shared at the next Headteacher Update in Term 6.

**Behaviour Management and Wellbeing**

Efforts in maintaining good discipline and promoting positive behaviour were recognised although there were a few cases where a more consistent application of behaviour policies and focus on emotional wellbeing is desired.

**Next Steps:** Ongoing work on applying policies consistently and further staff training.

**WHAT ARE WE DOING?**

**Immediate Actions**

**1 PASTORAL SUPPORT**

We will regularly remind all students about the pastoral support systems available to them, both in their tutor groups, PSHE lessons and during assemblies.

**2 DINING**

We are working closely with our canteen team and student parliament groups to continually improve the food options and offer available at school.

**3 UNIFORM**

Our school leadership team will meet with the Governors to review and discuss school uniform policies given parental feedback.

**4 COMMUNICATION**

We are committed to refining our communication methods and will use your feedback to improve the content of our newsletter and ensure families receive all the essential information.

**Year 10 Parent**



"My child is really happy at BFS. They have had excellent teachers this year - the very best thing about most of them is that they are approachable, and my child feels they can go to them if there is something they don't understand or they have a problem - this is absolutely invaluable for teenagers."

**Future Plans**

**1 SPORTS FACILITIES**

Our Site Improvement Strategy will be shared at the next Headteacher Update in Term 6.

**2 SIXTH FORM**

We are currently exploring options to increase social and study spaces in Sixth Form. These will be shared later in the year.

**3 DINING HALL**

We will be upgrading the heating system in the Dining Hall and improving the aesthetic with student murals.



What has been happening in...



# History?



MR RUSTON

Happy New Year! Here is the latest from the History Department!

**Framlingham castle**  
Framlingham castle is in Framlingham, Suffolk. It was built in the twelfth century by the Bigods, an influential Norman family. The Dukes of Norfolk lived there for over four hundred years. It was originally built by Hugh Bigod as a simple motte and bailey castle, which was then destroyed by Henry II in 1173 after an unsuccessful attempt to overthrow him. In 1189, Roger Bigod built a large curtain wall structure with 13 mural towers which is the castle that exists today. Mural towers, also known as wall towers, provide flanking fire (from crossbows or other projectile weapons) to a straight part of the curtain wall.


**Fun Facts**  
-The majority of Framlingham castle was built in 1190  
-During the Second World War, Framlingham Castle was used by the British Army as part of the regional defences against a potential German invasion.

*Gold award - excellent research with relevant images*

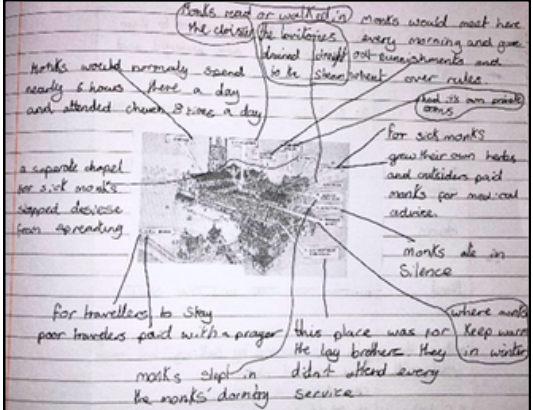
**CHEPSTOW CASTLE**

**When was it built?**  
Chepstow Castle was built in 1067 by Earl William of Osborn. He was a close friend to William the Conqueror, and he owned the castle. His descendants helped with the construction too, and over time, more was added to the castle, at new dates, for example, there are four baileys.

**Why was it built?**  
Built in a strategic position overlooking the River Wye, Chepstow Castle was the furthest south of a long line of strongholds. This line protected the border of England against attacks from Wales, led by Rhys ap Iwerdr, the southern ruler of Wales. This meant that Gloucester wouldn't be attacked from Wales without a warning. As well as this, it was built next to a major crossing of the River between Gloucestershire and Hereford, so people crossing could only cross for a reason that the Normans would approve of. Another reason is that King William the Conqueror loved to show off his wealth, because he was rather fond of himself!



**Where was it built?**  
Chepstow was built on the border of Wales and England by William of Osborn, but was built on Wales's side of the border. It's located on a minor cliff of limestone and sandstone, next to the River Wye. To be precise, it is in Chepstow, Monmouthshire, in Wales.



Monks read or walked in the cloister (the bookshelves). Monks would meet here every morning and give out assignments and over rules. Monks would normally spend nearly 6 hours there a day and attended church 8 times a day. Monks would meet here for sick monks grow their own herbs and outside paid monks for medical advice. Monks ate in Silence. Monks kept warm in winter. Monks did not attend every service. Monks slept in the monks' dormitory. This place was for the lay brothers. They didn't attend every service. Monks would normally spend nearly 6 hours there a day and attended church 8 times a day. Monks would meet here for sick monks grow their own herbs and outside paid monks for medical advice. Monks ate in Silence. Monks kept warm in winter. Monks did not attend every service. Monks slept in the monks' dormitory. This place was for the lay brothers. They didn't attend every service.

Some fantastic work on castles!

YEAR 7

Year 7 students have been exploring the topic of Medieval religion looking at themes such as Christianity in the Middle Ages, the wonders of the Islamic Golden Age, and the crusades. They have also been working on some great independent learning projects. Last term they were out researching individual castles, discovering their hidden secrets. Currently, they are designing medieval religion board games and Islamic treasure boxes which include some of the great discoveries and inventions of the age!



Medieval religion board games



## YEAR 8

There were some key individuals that took part in the suffragette movement. Such as Emmeline Pankhurst, who was a British activist who organised the suffrage movement and helped women win the right to vote in 1918. She also founded the women's social and political union which is a women's suffrage advocacy organisation dedicated to their motto deeds not words.

Another key individual is Emily Davidson. A militant fighter for her cause, she was arrested on nine occasions, went on hunger strikes seven times and was force fed on forty-nine occasions. She was well known for her act when she threw herself in front of the King's horse at the derby competition. There was no definite reason for why she did this. Some people think it was to show the lengths these women would go for their suffrage others believe it was a form of suicide.

At the start of 1914 women started to campaign for their equal rights. Two groups of women under the names of the suffragists and the suffragettes took main roles in this long-term protest. They had different strategies of how to win the vote. The suffragettes used more violent, aggressive means to draw attention these actions lead to many deaths and lots of suffering for them. Whereas the suffragists help meetings and sent letters to talk to the important people in charge. When the first world war started many women came to fill in for all the men who left for the war, and they were allowed. 1 million women worked across Britain for a limited number of women over the age of 30. This made a huge difference in their lives and got better after many more years.

Women faced many challenges at this time in society, with equal rights and at work. Firstly, they were trying to earn equal voting rights to men. They were challenged by the ruthless government who were reluctant to move even after all the aggressive and dangerous actions the women carried out to try and bring about this change. The government of the day was completely composed of men and so there was no female representation and no one to help their cause. They also faced with many challenges becoming part of the workforce as this was seen as men's area of expertise. When the opportunity came to enter work during World War 1, they had to work in munition factories, which coloured their skin yellow and made them very ill from all the gases and explosions they were exposed to in day-to-day life. They experienced uneven pay where many women were not paid the same as a man for doing the same job. Also, they were not allowed the right to own any property or money if they were married and up till that point, they were their dad's responsibility. They were in a world where all their decisions were made by their dad's or husband and sometimes weren't even allowed to go outside without somebody to watch them. They faced a very restricted access to life and couldn't make many independent decisions.

Some achievements that have been made towards gender equality are:

- The representation act (1928)
- Gave the right to vote for people over 21
- Education Act (1918)
- Raised the compulsory age for boys and girls to stay at school to 14.
- Sex discrimination act (1975)
- Illegal to discriminate against women in work, education or training.
- First female member of parliament (1919)
- Viscountess Nancy Astor first woman to take her seat in the house.
- Women allowed to vote in the general election (1929)
- NHS give free healthcare to everyone (1948)
- Contraceptive pill becomes available to everyone. (1967)
- The equality act (2010)
- Gives women and men a right to equal pay for equal work

The Industrial revolution is one of the biggest changes to England in history. This was modernised much of Britain by introducing transport, factories and mass amounts of machines.

One reason the industrial revolution happened was because of population. For example, population grew meaning there were more people needing clothes and items but there were also many new jobs and workers from the population rise. This led to a revolution because people started building factories to produce more and would often hire children for work as there was lots of them and because they could fit in small spaces and do what adults couldn't. Therefore, population rise was a factor of the industrial revolution.

Another reason for the industrial revolution was natural resources. For example, since Britain gained lots of resources like coal and iron, they were able to fuel lots of machines and power vehicles like trains but also make lots of new inventions with the amount of iron they had. This led to a revolution because new machines and inventions were constantly being made created with iron and powered with coal so newly designed ideas filled towns which sparked a revolution which heavily changed England. So, Britain having lots of natural resources like coal and iron was a big factor for the revolution.

**Amazing homework on Women's Suffrage (Elsa, Y9) and some super analysis on the causes of the Industrial Revolution**

Our Year 8 students have been immersing themselves in one of the most transformative periods of history: the Industrial Revolution. What better place to study this than Bristol, the home of Isambard Kingdom Brunel's famous suspension bridge and a key location in Britain's industrial development. Students have been doing some fabulous group work, investigating the greatest inventors of the age and putting their oracy and presentational skills to the test in a Great Inventions of the Industrial Revolution Dragon's Den!

## YEAR 9

Lastly for Key Stage 3, Year 9 students are in the heart of the inter-war years, taking a tour of world history at this time. Their studies will see them examine the controversial Treaty of Versailles signed at the end of WW1, the causes of the Russian Revolution and life across the pond in America's 'roaring 20s' - an age of jazz, dances such as the Charleston and Flea Bop, but ending in the Great Depression. Year 9 are also making up their minds for their GCSE options and we hope to see many taking History as one of their choices.

## GCSE

At GCSE, our History students have been working exceptionally hard.

Year 11 put in lots of effort for Mock 1 and are now studying their final unit on the Cold War whilst preparing for Mock 2 in February. Keep up the hard work!

In Year 10, students are currently exploring the medical developments of the First World War, with a particular focus on studying sources and analysing the historical environment of the Western Front. Trench foot, lice, rats and the incessant shelling were just some of the challenges faced by those who lived and served during the war.

## A LEVEL

At A Level, Year 13 History and Politics students are approaching the final leg of their school journey and diligently completing their studies.

In History, students have been studying the chaotic and extraordinary events of the Cultural Revolution in China. In Politics we are looking at the pivotal role played by the US Supreme Court in the American political system.

Congratulations to our Year 12 students who have just completed their January assessments. This is their first major set of exams for A Level, so a big well done for all the hard work over Christmas!

**Well done!**





MRS CORRIGAN

# FOOD TECH

## Mighty Mussels

This week we were the lucky recipients of 8kg of British mussels in a bid to improve students' fish cookery skills and learn about healthy eating.

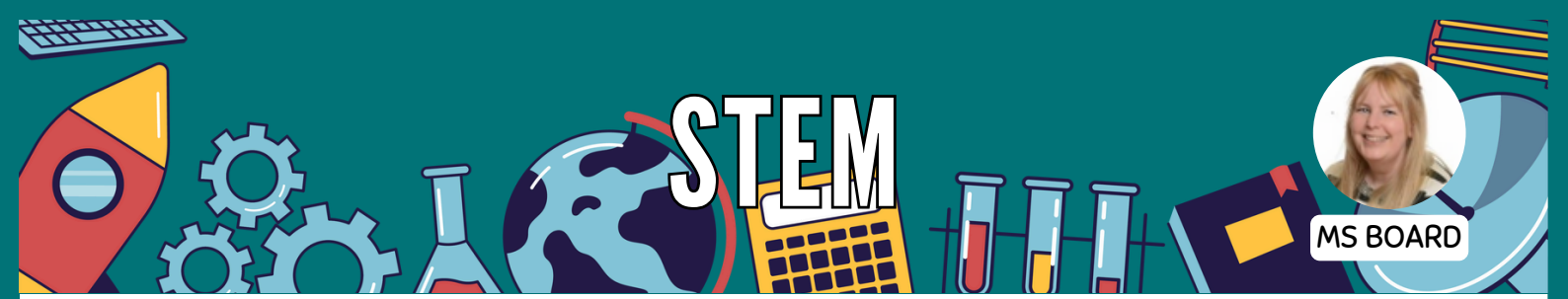
The initiative is part of the *Fish In School Hero* programme which is run by the Food Teachers Centre. The programme aims to ensure that every child gets a chance to prepare, cook and eat fish before they leave school.

Year 8 were the lucky students to cook with the mussels and made an Asian-style green curry dish. It smelt and tasted delicious. Well done Year 8.



YEAR 8





# STEM



MS BOARD

## Young Green Briton Challenge Design Day

Last Friday, all of Year 7 were off timetable to take part in a design day following their amazing work in tutor time on their Young Green Briton projects. Students have been working in small groups to identify sustainability and environmental problems in the school or local community and to come up with creative solutions to help.

The Young Green Briton Challenge is a national sustainability project, with this being our third year as a contributing school. This year, students have come up with some super green fingered ideas for a living roof for the school building, textile recycling as an alternative to fast fashion and some genius gadgets to improve the biodiversity of the plants around the grounds.

**Great teamwork!**



YEAR 7



Throughout the day, students planned, prototyped and presented their ideas and will now be voting for each tutor group's favourite to represent the School at the next stage of the challenge, a Dragon's Den afternoon with industry experts. These groups will then receive mentorship and some funding to make their plans come to life. During the design day, we were lucky to be joined by some lovely volunteers from green industries who have given us some top tips and advice.

A huge well done to all of our students who produced some incredible work and are looking forward to continuing the eco challenge.





# COMPUTER SCIENCE



MRS RAMANANDI

## Unlock Cyber Careers Event at UWE

On Friday 17 January, students had the fantastic opportunity to attend the Unlock Cyber Careers Event at the University of the West of England (UWE). This inspiring event featured 10 esteemed speakers from a range of prestigious organisations, providing students with invaluable insights into the world of cybersecurity and technology.

Students were able to attend sessions on a variety of engaging topics:

1. UCAS: Unlocking your future with apprenticeships.
2. BT Security: An inside look at securing the digital world.
3. MOD DE&S: The role of the Ministry of Defence in cybersecurity.
4. Microsoft: Changing the way IT professionals work with AI.
5. Microsoft Careers: Exploring career opportunities at a global tech leader.
6. Hargreaves Lansdown: Insights into cybersecurity in the financial sector.



Students were captivated by the speakers' expertise and appreciated the chance to interact directly with professionals from leading industries. They left the event feeling inspired, equipped with fresh ideas, and eager to explore careers in technology and cybersecurity. This experience not only showcased the vast opportunities available in the tech world but also emphasised the importance of staying informed about emerging trends, such as AI and cybersecurity. Events like these are crucial in preparing students for a future where technology is at the forefront of every profession.

YEAR 12



MR LAM

# DESIGN TECHNOLOGY

Design Technology students have been designing and making clocks using flexi-plywood. They have been learning about CAD/CAM (computer aided design and manufacture) using the School's laser cutter, and how to laminate wood to produce a stronger and more rigid structure.



Well done!

YEAR 10





MR LANGEVELDT

# BFS SPORTS



## U14 BASKETBALL

BFS faced Fairfield High School in a closely contested U14 Basketball game that was filled with intensity and excitement. Despite a valiant effort from our team, Fairfield ultimately took the win.

Throughout the match, Yann and Ben displayed great leadership on the court, guiding their teammates and making crucial plays that kept the game competitive. Their ability to inspire and motivate the team was evident, and their contributions were vital in maintaining the team's spirit.

Thank you to all the supporters who came out to cheer for the team! Your encouragement means a lot. The players will learn from this experience and continue to work hard as they prepare for their upcoming matches, aiming to turn this competitive spirit into future victories.



Great teamwork!

## U16 BASKETBALL

BFS faced off against Fairfield High School in an exciting U16 basketball game, and what a thrilling match it was! Our team brought an energetic performance to the court, showcasing incredible skills and teamwork.



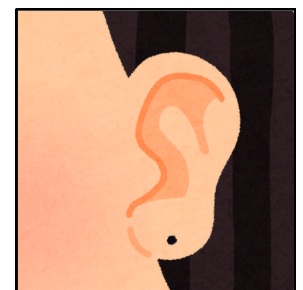
Despite the loss, the players showed immense resilience and determination, making every moment of the game exhilarating. Each athlete shone in their own way, contributing to an atmosphere of positivity and growth. Although the result was not exactly what we wished for, the game highlighted the bright potential and spirit of our team. We cannot wait to carry this momentum forward and continue improving together!

Go, Team!

## REMINDER

If you have recently had your ears pierced, you can wear tape in PE lessons for the first six weeks. However, we must have consent from your responsible adult at home. If you do not, then you will be given a non-practical role for the lessons.

Please email this consent to [admin@bristolfreeschool.org.uk](mailto:admin@bristolfreeschool.org.uk), and they will pass onto the appropriate teacher.





# SIXTH FORM NETBALL



**MRS BALLARD**

On Monday our Sixth Form Netball team travelled to Cotham School for their first netball game of the year. 4 x 8-minute quarters were played, and the students were sublime. Taking a win of 34-14 points.

If any Sixth Form students would like fixtures in sports, please come and speak to Mrs Ballard in the PE office.

**Well done!**



# CROSS COUNTRY

A huge shout out to the following students who have been selected to run for Avon in the South West Schools Cross-Country Championship on 1 February in Newquay.



**Minor Boys**  
Sam F, Year 7



**Junior Girls**  
Iris B-L, Year 8



**Inter Girls**  
Lillia B-L, Year 10



**Senior Girls**  
Ellen R, Year 13

This is an incredible achievement, and we are super proud of all of you. Well done and good luck - we cannot wait to hear all about it!

## UPCOMING FIXTURES

Monday 27 January	U14 & U16 Boys Basketball vs Bristol Met	BFS
Monday 27 January	Y7 & Y10 Rugby vs Bristol Grammar School	Failand
Monday 27 January	U14 & U16 Girls Football vs Redland Green School	RGS Kellaway
Wednesday 29 January	U14 & U16 Boys Basketball vs St Mary Redcliffe and Temple School	BFS
Wednesday 29 January	U14 & U16 Girls Football vs St Bede's Catholic College	St Bede's Catholic College
Thursday 30 January	Y8 & Y9 Boys Football vs Cotham School	Shine Gold Hill Sports Ground
Monday 3 February	U16 Girls Football Finals	Gloucestershire FA
Wednesday 5 February	U12 Girls Football vs Orchard School	Orchard School
Wednesday 5 February	Y8 Boys Football vs Orchard School	Orchard School



MR BRUNKER

# CAREERS



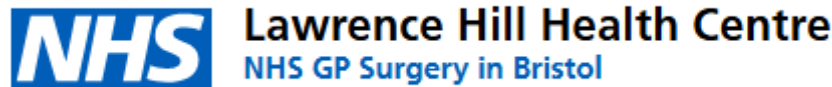
## Connect With Us

Connect with us on LinkedIn! @Bristol Free School.  
Join in the conversation and help us if you can.  
**Work Experience Employer Talks Careers Day**



### EMPLOYER TALK

This week's employer talk was by Ewan Cameron, Practice Manager at Lawrence Hill Health Centre in Bristol. He gave some really useful insights into the day-to-day duties of a Practice Manager in a busy city centre health centre, providing students with some broader context around the other roles within a GP practice and careers that might be of interest to students in the NHS as a whole.



Ewan explained how he graduated with a degree in politics from UWE, then worked as a Management Accountant at Bristol Royal Infirmary for 18 years, before taking up the role of Practice Manager at Lawrence Hill Health Centre in 2003. His broad and busy role includes managing the accounts and budget, paying salaries and suppliers, recruitment and training, liaising with the local NHS, and managing complaints. If there are any problems in the building, he has to sort them: he told us how one time he had to deal with a pigeon that flew into the surgery and knocked itself out on a wall!

Ewan shared some fascinating facts and figures with the students:

- The practice receives around 120-130 calls per day, which one doctor looks through to decide what needs to be done with each enquiry
- Lawrence Hill is a very diverse area, with 43 different languages spoken
- The Practice has to decide on its strategy regarding the 10,000 potential new patients in the area, as a result of new housing around Temple Meads.

I am sure the talk inspired students to do some further research into the wide range of career possibilities within the NHS which, as Ewan was keen to emphasise, is much more than just doctors and nurses. In Bristol alone, there are two large hospitals, 50 GP Practices, community services, mental health services, GP support organisations, the ambulance service, and not-for-profit organisations such as hospices who work with the NHS.

Many thanks to Ewan for taking the time to come in and shine some light on the real world of work.

**Thank you**

## COMING UP...

- 31 January:** KPMG Accountancy
- 7 February:** Engineering
- 28 February:** Corporate Finance
- 7 March:** Pharmacy
- 14 March:** Criminal Law



## EMPLOYER TALKS

Do you have an interesting job to talk to our students about?

Every Friday between 8.30am and 9am, we invite a local person to come in and talk about the job they do. These Employer Talks are designed to inform, and inspire, our students about the world of work. If you, or someone you know, would like to come into school and give a short talk (about 15 minutes, with time for questions), please get in touch by emailing [careers@bristolfreeschool.org.uk](mailto:careers@bristolfreeschool.org.uk).

## APPRENTICESHIPS

It is **National Apprenticeship Week** from the 10 -16 February. We will be running some activities with students to mark this annual event. Have a look at the [NAW website](#) for loads of resources on apprenticeships.

### Sixth Formers' Guide to Degree Apprenticeships

If you want to learn all about degree apprenticeships and how to get ready to apply for one, this [comprehensive guide](#) from the Careers and Enterprise Company is full of practical advice and information across multiple sectors, stories from apprentices, salary information and more.

### Civil Engineering Degree Apprentice

Transport Planning (Level 6)

Company: [Jacobs](#)

Location: Bristol

Start date: September 2025

Apply: [Civil Engineering Degree Apprentice](#)

### Degree Apprentice Estimator

Company: Morgan Sindall

Location: Cardiff/Bristol

Start date: September 2025

Apply: [Degree Apprentice Estimator](#)

### Apprentice Corporate Responsibility and Sustainability Practitioner - Level 4

Company: Laing O'Rourke

Location: South of England

Start date: September 2025

Apply: [Apprentice CR&S Practitioner](#)

### Nuclear Engineering Degree Apprentice

Company: EDF

Location: London/Bristol

Start date: September 2025

Apply: [NEDA Apprentice](#)

## CAN YOU HELP?

### Can you offer work experience?

Every July, our Year 12 students do three days' work experience with an employer in the local area. It is an important and exciting part of their personal development and can be instrumental in inspiring them to explore a particular career path. If you are a business owner or work for an organisation who would be willing to host one or more of our students for work experience, we would love to hear from you.

Please get in touch by emailing [careers@bristolfreeschool.org.uk](mailto:careers@bristolfreeschool.org.uk).

## OPPORTUNITIES

Explore STEM opportunities with the **British Army**. This virtual event explores the STEM opportunities available in the Army. It will provide an in-depth look at the Defence STEM Undergraduate Sponsorship, which offers up to £42,750 in financial support for your studies. Wednesday 5 March 2025, 1-2pm. Register [here](#).

Interested in finance, business or technology? This evening webinar is hosted by finance and consulting giant **EY**. Tuesday 4 February 2025, 6.30-7.30pm. Find out how you can earn a competitive salary, professional qualifications, and gain experience at a global company, through EY's apprenticeship programmes across Audit, Tax, and Technology. Speak to current apprentices to gain an insight into working life at EY. Get application support and guidance from the actual team that will be hiring you. Register [here](#).

Find out more about **careers in cybersecurity**. Virtual work experience opportunity 3-5 March 2025. If you are in Year 12 or 13 and interested, find out more details [here](#). Please contact Mr Bruncker to sign up.

**Bristol City Robins Foundation** are running a number of open evenings and taster events in February and March for interested students to find out about their post-16 sports diplomas. The first open evening is on Wednesday 5 February at 6:30pm. Full details of all the events and booking info [here](#).

**Pathways to Property** is run by Henley Business School to raise awareness of the range of careers available within the Real Estate industry. [Applications](#) for Year 12 students are open for the March Insight Days (Bristol on 26 March). Applications open 20 Jan for the 4-day residential at University of Reading (8-11 July).

**In2STEM** is a fantastic opportunity for Year 12 students passionate about STEM. Running from 21 July to 22 August, the programme offers an in-person work experience placement, live online workshops, competitions and events. You will gain hands-on STEM experience and expand your personal and professional skills. Find out more [here](#). Deadline is Sunday 2 February.



# COMMUNITY NOTICES



**EVENT FOR FAMILIES TO SHARE THEIR VIEWS**


## CHILDCARE LISTENING EVENT

Come along to share your views and experiences of accessing childcare for your child; we can cover your travel expenses and give you a £10 high street voucher to say thanks

**FEB 3rd** | St Werburghs Community Centre  
**AT 10-12 PM**

**FEB 5th** | Online, Zoom  
**AT 7-8:30 PM**

Bristol Parent Carer Forum  
Shaping the Future Together



**Help Shape the Future of SEND Childcare in Bristol!**

Would you like to help improve childcare for children with Special Educational Needs and Disabilities (SEND) in Bristol? **👂 We're Listening!**

Bristol City Council is inviting parents and carers to share their experiences with childcare for children aged 0-18 with additional needs. Whether you've used or applied for support through BAND or the Access to Childcare Fund, your feedback matters.


We'd love to hear about:

- ✓ Pre-school/early years childcare
- ✓ School-age childcare (after-school clubs, holiday provision)
- ✓ Care for young people no longer in school

Join our online or in person sessions!

Monday 3rd February, 2025 at 10AM (in person)  
Wednesday, 5th February 2025 at 7 PM (online)

**CHILDCARE AND FUNDING FOR CHILDREN WITH SEND**



## CASTING CALL

Trilogy Casting are working with Electric Robin to cast a fun social experiment for Channel 4.

We are interested in hearing from families with a child who is 13-16 years old, from all areas of the UK ...

.. who have experienced both the positive and negative impacts of smartphone use.


Please find our application Form, and more info via the QR code below






**4B ELECTRIC ROBIN**  
A Banday Company

**Main applicant must be 18+ years old**

ANY PERSONAL INFORMATION WHICH YOU PROVIDE TO US SHALL BE USED AND PROCESSED IN ACCORDANCE WITH OUR PRIVACY NOTICE WHICH IS AVAILABLE HERE. [HTTPS://BANDAYUK.COM/DOCUMENTS-CONTRIBUTOR-PRIVACY-NOTICE/](https://bandayuk.com/documents-contributor-privacy-notice/)



**Learn how to cook and eat healthily on a budget!**



**Free six-week course**

Tuesday 11<sup>th</sup> February 2025  
9.30am-12noon

**AT**

St. Andrew's Church  
Avonmouth Road  
Avonmouth  
Bristol  
BS11 9EN

**CONTACT US TO BOOK** 0117 9235343 [office@bristolnwfoodbank.org.uk](mailto:office@bristolnwfoodbank.org.uk)



# PARENT & CARER SUPPORT SESSIONS

at Greenway Centre, BS10

## COMING UP NEXT >

FREE

### Challenging Behaviour

Wednesday 29th January 9:30 - 11:30 AM

Struggling with boundaries or managing challenging behaviour? Join our Parent Support Session with Families in Focus for a chance to ask questions, share experiences, and pick up practical parenting tips in a friendly and supportive setting! It's a relaxed session with cuppas and cake.



Please tell us you're coming!

Get in touch with Kate for more info  
email: [katemartey@southmead.org](mailto:katemartey@southmead.org)  
tel: 0117 950 3335

