

Newsletter



What's In This Issue?

Notice Board

Key Dates

Achievements

House News

Subject Update: DT

Reading

Languages

Computer Science

Science

Sports

A NOTE FROM MR MACBLAIN

Dear Parents, Carers and Students,

For student leadership, Term 5 brings with it not only a sad farewell but also a warm welcome. Mrs King, the current Head Students and I had the absolute pleasure of interviewing Year 12 students for the new Head Student positions. There were 24 applications, and we honestly could have appointed all of them, such was the strength of their applications. It was so lovely to see the students articulating their experiences at BFS with such eloquence. We really saw our core values shine through in each of their interviews, and it was testament to how embedded these now are within the school.



MR MACBLAIN

In the end we had to choose eight to lead the Houses over the next year and it was a very hard decision. First, I would like to thank our outgoing Head Students for leading the student body with such vigour and passion this year. There are too many moments to mention, but a few highlights for me were seeing their composure in delivering Assemblies, talking to 500 parents at the Year 6 and Year 11 Open Evenings, and for being so supportive with fundraising events, particularly Move-a-Mile. It has been a real privilege to watch them grow. I shall miss them.

Ashton: Phoebe and Lyla

Blaise: James and Fizza

Canford: Alex and Nushanti

Durdham: Hodan and Elen

However, the baton has been passed, and I am delighted to welcome our new Head Students for 2025/26:

Ashton: Jacob and Kaira

Blaise: Daisy and Lorraine

Canford: Grace and Dylan

Durdham: Martha and Patrick



The students have written a short piece about themselves, their interests and what they would like to achieve next year which you can read on [pages 7 and 8](#). They will take over Head Student responsibilities in Term 6 however they have already ably led their first House Parliament this week where, amongst other items, the winning design for Norbot was chosen. We wish them the best of luck in their new roles.

Have a wonderful half term break.

Mr MacBlain

Assistant Headteacher



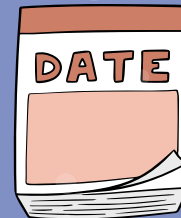
NOTICE BOARD



BFS_Bristol



BFS_Enrichment



NEXT WEEK AT BFS

Monday 2 June - Monday 9 June

Y12 EoY Exams

Monday 2 June - Friday 13 June

Y7 EoY Exams

Monday 2 June - Friday 20 June

Y11 & Y13 Summer Exam Series

Wednesday 4 June

Y10 River Holford/Bristol Harbourside Field Trip

Subsea Aberdeen Trip

Thursday 5 June

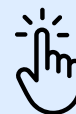
Y10 River Holford/Bristol Harbourside Field Trip

Subsea Aberdeen Trip

Friday 6 June

Y10 River Holford/Bristol Harbourside Field Trip

QUICK LINKS



Lunch Menu

Extra-Curricular Clubs

Term Dates

Student/Parent Handbook

Past Newsletters

WE'RE HIRING

Teaching Assistant

Apply Now

Becoming a Phone-Free School

Following last week's newsletter from Mrs King, we hope that the reasons for our implementation of a phone-free school are clear. Essentially, we want to safeguard our children's mental wellbeing and provide a distraction-free environment for them to learn. This information can now be found on our [website](#).

This is a growing movement amongst secondary schools, as highlighted in the local news this week. You can watch the short piece [here](#). If you wish to find out more about the charity Papaya, sign the parent pact to delay giving a smartphone to your child until the age of 14, or learn about how families can thrive in a digital world, see their website [Papaya](#).

We have written to you this week requesting payment for the new phone pouches. Although the pouches are an essential item for us, we remain very conscious of high living costs within society at the moment and have provided links for [assistance](#).



Please find our Frequently Asked Questions [linked here](#), which we hope will answers the majority of queries you might have. The school is planning further opportunities early next term for families to hear the plans in more detail and to ask questions.

Thank you for your continued support.

SEND Coffee Morning

Come along to our SEND Coffee Morning hosted in partnership with Autism Independence. At this event you can find out more about the Learning Disability Register and Annual Health Checks.

It does not matter if you do not have a diagnosis, we are here to support every family in Bristol.

We have limited space so would kindly request you email sen@bristolfreeschool.org.uk to register your interest.

Date: Thursday 5 June

Time: 9 – 10am

Location: Bristol Free School

SAVE THE DATE



Autism
Independence



**Coffee Morning to find out more about the
Learning Disability Register
and Annual Health Checks**

**Thursday 5th of June 2025
9am**

**Bristol Free School
Concorde Drive, Bristol, BS10 6NJ**



ATTENDANCE

Penalty Notices and Prosecutions for Irregular Attendance and Unauthorised Lates

School attendance is really important which is why we take attendance seriously at BFS. Recent research has shown that good attendance is strongly linked both to outcomes at GCSE and future earnings. We expect students to attend for 96% or above of the year.

We work with Bristol City Council to fine and prosecute parents and carers for unauthorised absences. This can be for being late after the register closes at 9am, unauthorised holidays, school refusal and other unauthorised reasons.

Current fines are:

- 1st offence in a rolling 3-year period: £80 per parent per child (rising to £160 if not paid within 21 days).
 - 2nd offence in a rolling 3-year period: £160 per parent per child.
 - 3rd offence in a rolling 3-year period: prosecution or other legal measures will be considered.
- Prosecution can lead to fines of up to £2500, 3 months' imprisonment and a criminal record.

These measures are usually taken for 10 or more unauthorised absences (10 half days) within a ten-week period; however, fines will also be considered for parents and carers who repeatedly take unauthorised holidays below this threshold.

At BFS we prefer to take a supportive approach to attendance before using legal measures, so please contact the Attendance Office if you are worried about your child's attendance.

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

TERM 6 KEY DATES

Monday 2 June	First day of Term 6
Monday 2 - Monday 9 June	Year 12 - End of Year Exams
Monday 2 - Friday 13 June	Year 7 - End of Year Exams
Monday 2 - Friday 20 June	Year 11 - Summer Exam Series Year 13 - Summer Exam Series
Monday 9 - Wednesday 11 June	Year 12 - Photography Exam
Thursday 12 June	Year 10 - Subject Evening
Thursday 12 - Friday 13 June	Year 10 - Art Exam
Friday 20 June	Sixth Form Transition Day
Monday 23 June - Friday 4 July	Year 9 - End of Year Exams
Wednesday 25 June	Inset Day - School Closed Year 11 - Leavers Assembly/Summer Ball
Monday 30 June - Friday 4 July	Year 10 - GCSE English Language Speaking and Listening Exams
Tuesday 1 July	Year 13 - Leavers Assembly/Summer Ball
Wednesday 2 July	Year 6 - Transition Day Year 7 - Discovery Prize
Thursday 3 July	Music and Drama Summer Showcase
Monday 7 July	Year 7, 8 & 9 - STEM Day Year 10 & 12 - Careers Day
Tuesday 8 July	Sports Day at Shine Sports Ground, Golden Hill
Wednesday 9 - Friday 11 July	Year 8 - Camp Year 12 - Work Experience
Wednesday 16 July	Annual Awards Evening
Thursday 17 July	Last Day of Term 6 - Early Finish



GOLD AWARD CELEBRATION

Congratulations to alumnus Evan, who achieved his Duke of Edinburgh's Gold Award and was invited to Buckingham Palace for a Gold Award Celebration Event attended by Prince Edward, Duke of Edinburgh. Evan completed Year 13 at BFS last summer and is now at university. Well done!



HEAD STUDENTS

Congratulation to our new Head Students and Deputy Head Students who will be leading our Houses from Term 6.

Ashton: Jacob and Kaira

Blaise: Daisy and Lorraine

Canford: Grace and Dylan

Durdham: Martha and Patrick



HOUSE POINTS

On Thursday, we celebrated the next round of students who earned over 300 House points. Students celebrated with breakfast on the tumps, enjoying some juice, fruit and a croissant. We are very proud of them all.





HOUSE NEWS



HOUSE POINTS



1

Blaise House
3106 Points



2

Canford House
2543 Points



3

Ashton House
2107 Points



4

Durdham House
1914 Points

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

Well done Blaise!

Top House Point Earners

Congratulations to our top House point earners this week!

	Ashton	Blaise	Canford	Durdham
Year 7	Phoebe P	Amy O	Harriet J	Frederick Z
Year 8	Esther J	Emma W	Leo S	Lois R
Year 9	Maisie g, Miranda R	Bethan B	Amelia B	Alba J-G
Year 10	Amelia G, Isabelle W	Nina-Mae L	Lucas M	Niamh C
Year 11	Mia T, Nathan A-M	Abdulmalek A	Eleanor P	-
Year 12	Daisy R	Alyssa C	Dylan M	Isla B H
Year 13	Olivia D	Jessica S	Darius O	Alex H-J

LEADERBOARD



1

BLAISE HOUSE
55,858 POINTS



2

CANFORD HOUSE
53,141 POINTS



3

DURDHAM HOUSE
51,912 POINTS



4

ASHTON HOUSE
51,502 POINTS

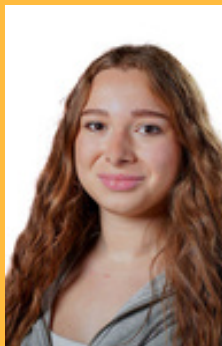
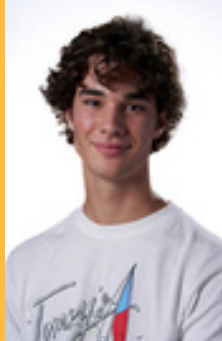
HOUSE POINT LEADERBOARD

END OF TERM 5

Blaise are still in the lead as we head towards the final term!
Well done.

ASHTON

My name is Jacob and I'm looking forward to being the Head Student for Ashton House, and I can't wait to meet you all. I'm currently studying English Lit, Maths and Spanish, and have been at BFS since Year 7. Over the years, I've been actively involved within the school's community, I volunteer, have been a member of the debate team and have also been a part of BEP with Kaira, the Deputy Head of Ashton. I'm excited to bring all that I've learnt over these past years at BFS into my role and can't wait to be a more central part of the BFS community moving forward!



My name is Kaira and I am really excited to have the opportunity to represent you and your wishes for the school as Deputy Head Student of Ashton. I am currently studying A Level English Literature, Politics and History. I am passionate about equality and making sure everyone is given the opportunities they need to thrive. I talked a lot about empathy in my interview and would love to promote and intertwine it with the BFS values. I was very lucky to take part in the BEP with Jacob where I developed my leadership skills, helping to strengthen my role as Deputy Head of Ashton. I will be happy to hear any ideas that other students would like to implement, and I will try my best to make it happen.

BLAISE

My name is Daisy and I am so pleased to be your Head Student! I have been part of the BFS community since Year 7, and I am now studying Art, Geography and Biology at A Level. I am passionate about art and the importance of expressing ourselves and arts ability to help us understand the world we live in. I also love the environment and hope to take part in conservation projects in the future to help the planet.



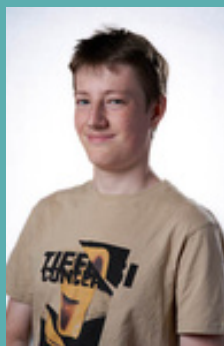
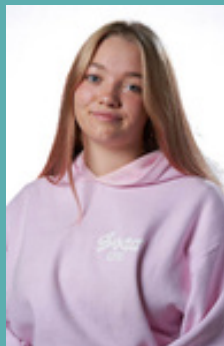
Being your Head Student, I want to be your student voice. I will raise any concerns you have in meetings and bring about change where it is needed. I also want to ensure everyone feels respected and welcomed at BFS - the same way I have!



Hi, my name is Lorraine and I am both honoured and excited to take on the role of Deputy Head Student for Blaise! I have been at BFS for 5 years and I am currently studying Biology, Psychology and Chemistry. As someone who loves discovering and developing new interests (such as playing guitar and cycling), one of my goals as Deputy Head Student is to encourage others to try something new and foster an inclusive environment where everyone feels supported to do so. I look forward to seeing our school continue to grow and thrive as a community!

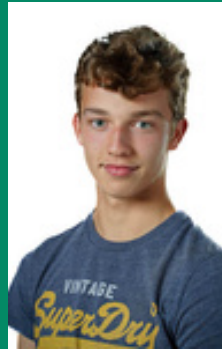
CANFORD

Hi, I'm Grace and I'm so proud to be one of your new Head Students. I moved here at the start of Year 12 and so far, have loved the experience. Currently I am studying Spanish, Sociology and Geography. I play rugby and netball, but I am a big fan of all women's sport, and I would love to help more girls get into sport. I really hope to make a difference for the students here and look forward to hearing any concerns that you feel need to be raised in order to maintain a welcoming and safe environment here at BFS.

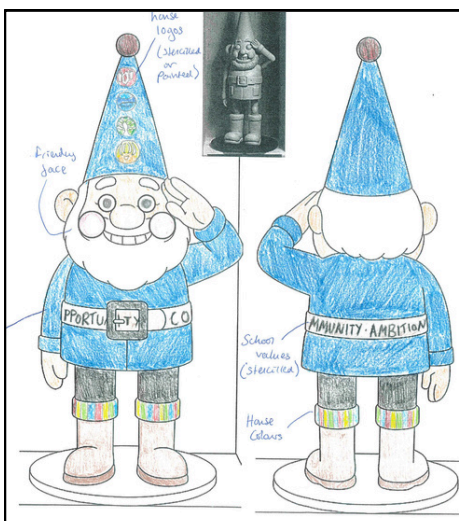


My name is Dylan and I've been at BFS since Year 7. Currently I am studying Maths, Physics and English and am very excited to represent Canford House as Deputy Head Student. Over my years at BFS, I've enjoyed taking part in the band, volunteering in school and taking part in House Parliament, and I can't wait to bring what I've learned to the role of Deputy Head Student. One of my favourite aspects of the school is the unique community and the environment it fosters, and I hope to welcome more people next year.

Hi, I'm Martha and I am currently studying Biology, Geography and RP. I am extremely grateful to be Durdham's Head Student! Having been part of BFS since Year 7, I have loved watching our school grow and develop over time and am so excited to be a part of this journey and for the opportunity to make a positive difference to our school. I love the strong sense of community within our school, and as Head Student, I am looking forward to enriching this further by ensuring that all students feel that their voice is heard and that they belong. Furthermore, within my time here, I have been given many opportunities to step out of my comfort zone and experience new things, and I am eager to ensure that younger students have that too. I am looking forward to working with House Parliament to make sure that there are extracurricular activities that appeal to everyone, and I hope to foster an environment where all students are excited to try new things.



I'm Patrick and I'm thrilled to step into the role of Deputy Head Student for Durdham. I've been part of BFS since Year 7, and am studying A Levels in Maths, Further Maths, Chemistry, and Computer Science. Beyond academics, I love getting involved in the school community. Between coaching tennis, volunteering, or tutoring maths, I'd love to hear all your ideas and help make a difference together. I want to make sure everyone has the chance to thrive. If you've got an idea to improve something or want to get more involved, I'll do my best to help make it happen. BFS has always been a place where people support and lift each other up, and I'm excited to build on that. Looking forward to the year ahead!



We had over 400 entries to our Norbot competition! This made it incredibly challenging to select a winner. After much deliberation by staff and House Parliament, aspects from four designs have been chosen to be compiled into our BFS Norbot.

Would you like to help decorate Norbot? Sign up during Tutor time for a lunch time or after school slot.

Well done!

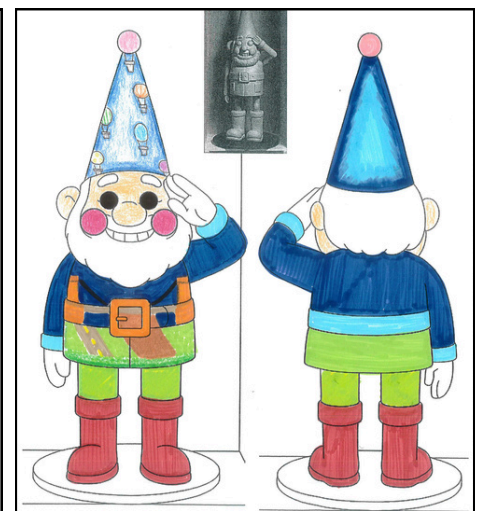
Chloe 10TG1
We will be using the front of the hat, belt and boot liners.



Olivia 9TG5
We will use the symbols on Norbot's boots.



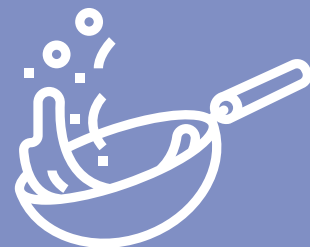
Poppy 7TG2
We will use Poppy's colourful jacket on our Norbot.



Zoe 10TG1
We will be using the balloons on the back of our Norbot's hat.



What has been happening in... *Design Tech?*



Lots has been going on in the Design Technology Department this term. Read on to find out more.

TOP CHEFS!

Year 7: Phoebe P for fantastic practical work and endless enthusiasm.

Year 8: Esther J for challenging herself and making arancini from homemade risotto.

Year 9: Noah T and Evie M for outstanding practical work in Food Tech.



TOP DESIGNERS!

Year 7: Cian Davies for fantastic design skills.

Rimon and Emily for great ideas.

Mollie K for producing a high-quality designer box - you are always cool, calm and confident.

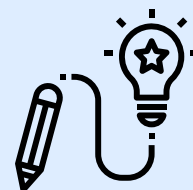
Year 8: Alexandra for great hand sewing.

Rory S for brilliant branding and a professionally designed logo.

Year 9: Maria L and Maddie for creative matching hats.

Barney and Alba for resilience with the sewing machines.

Erin for amazing creativity.



TUNNOCK'S TEACAKE CHALLENGE

Well done to Ada and Esme who made the 'under 14' and 'most novel' entries to Tunnock's Teacake Challenge. This year the theme was 'culture and celebrations'.

Ada's Design

My balloon design celebrates Bristol's culture as balloons are an iconic part of Bristol. The balloon fiesta celebrates Bristol and brings all cultures together from across the city. I created the sunlight and balloons by colouring and shaping fondant icing. I piped the chocolate detail.

Esme's Design

My teacake was inspired by Indigenous Australian art. I created a sunset style design. I used icing and chocolate that I coloured and piped to create the patterns and dots.

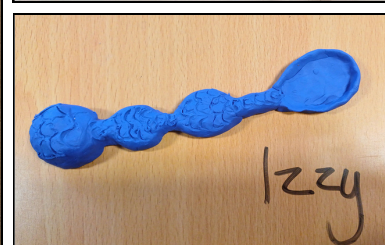
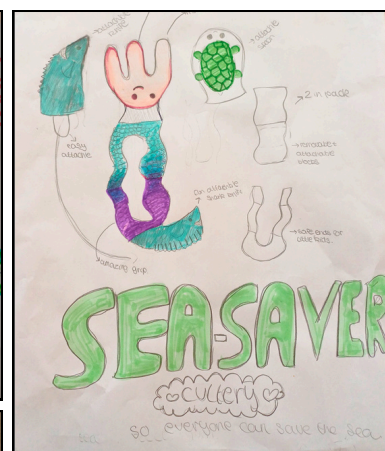
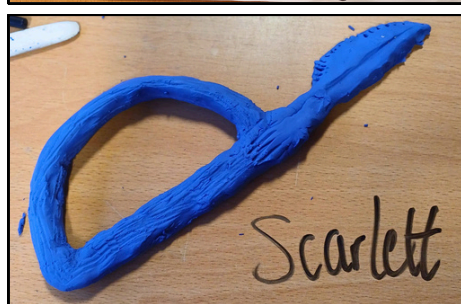


YEAR 7

Year 7 graphics students have been working on an inclusive cutlery project, exploring how thoughtful design can support a range of users, from young children to those with additional needs. Using sketching, modelling clay, and cardboard, students developed and tested their ideas in teams. They embraced iterative design by combining concepts and refining their prototypes, all while building collaboration and problem-solving skills. The project wrapped up with a fantastic Dragon's Den style pitch, where each group presented their inclusive designs with confidence and creativity!



MS CARTER



YEAR 7

Year 7 Food Tech students have been developing their bread making skills this term.



MRS SLADE





Year 8 graphics students wowed Mrs Gordon with the quality of their designs. They trialed different iterations, listened to feedback (both peer and teacher) and produced some really original work.



MRS GORDON



MRS SLADE

This term has been busy in Food Tech and Year 8 students have been making their own choice budget meals.



Four Year 9 students had a one-off Food Tech session where they perfected their scotch pancake making techniques. Everyone agreed that they were delicious - we even managed to take a quick photo before they were drowned in chocolate spread and devoured!



Scotch Pancakes

Ingredients:

- 225g self-raising flour
- pinch salt
- 50g caster sugar
- 250ml semi-skimmed milk
- 2 large free-range eggs
- 2 tbsp sunflower oil

Method:

1. Sieve the flour, salt & sugar into a large bowl. Make a well in the centre.
2. Whisk the milk and eggs together in a jug using a fork.
3. Gradually pour the egg mixture into the well in the flour and beat well with a spoon, then whisk until it is a smooth, lump-free, thick batter.
4. Add 1 tablespoon of the oil to the batter and mix again until just combined.
5. Place a non-stick frying pan or griddle pan over a medium heat and carefully wipe with a little of the remaining oil, using a sheet of kitchen paper.
6. Once hot, spoon 2-3 tablespoons of batter into the pan to make a small pancake. Cook in batches of 2-3 depending on the size of the pan. Cook over a medium heat for 1-1½ minutes until small bubbles appear on the surface. Flip and cook for 1 minute on the other side until puffed up and golden brown.
7. Transfer the pancakes to a plate, or a wire rack and cover with a tea towel to keep warm. Repeat until all of the batter is used up. Serve warm with any of the suggested toppings.

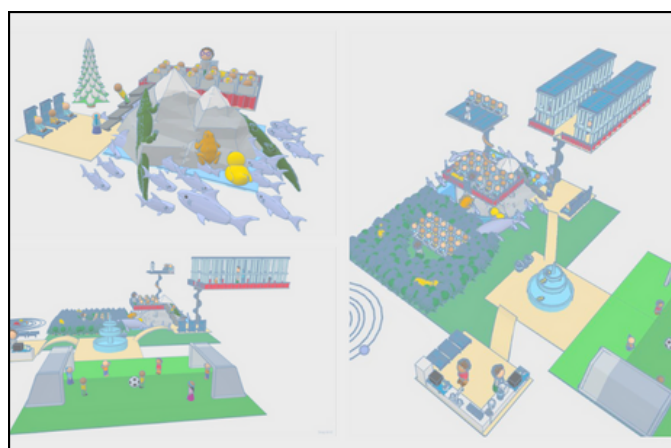
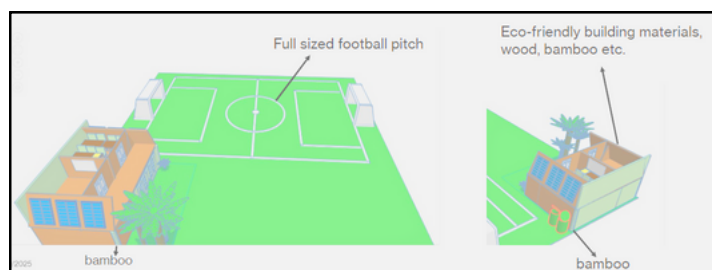
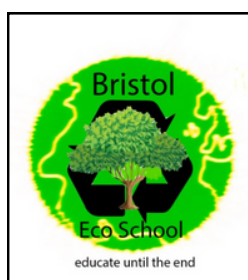
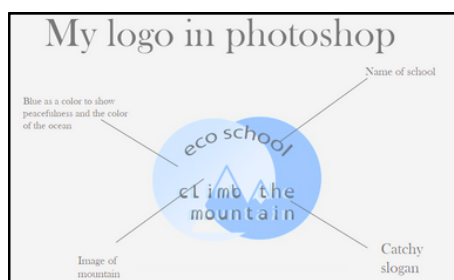
Topping ideas

butter, jam, maple syrup, honey, berries or yoghurt, bananas, chocolate spread, bacon... to serve



MRS GORDON

During this rotation, students have designed an eco-school using Tinkercad, mood boarded ideas, designed logos using Photoshop and created promo videos using Canva.



MRS EDWARDS

“

I have really enjoyed my time in the computer-based design DT rotation, using Tinkercad 3D design software and Photoshop were fun as I was learning new digital skills. It is cool to learn new stuff and how to use apps more skilfully. We learnt to use new tools in Photoshop and improved very well. Mrs Edwards has been amazing as a teacher and educator helping us develop new skills and improve our understanding in current ones. In the future I hope to carry these skills into jobs and opportunities I would like to thank the teaching staff at the school for being so amazing.

by Wilf, Isaac and King

”



“

During the textiles rotation we started off by looking at four different designers and their designs, choosing one to inspire the design of our hats. After a few practical lessons of cutting and pinning, we start look at sustainability. During our single lessons we completed tasks in the booklet, learning about the devastating effect of fast fashion. Following this, we prepared a Dragon's Den pitch about sustainable bucket hats. Whilst on the topic of sustainability, students have been making hats out of nearly everything - curtains and hoodies included. Overall, this has been a great rotation because of the large amount of practical and oracy skills we developed.

by Dan and Barney

”



Year 10 were developing their food styling skills by competing in the Tunnock's Teacake Challenge. The students had to make their own shortbread biscuit crumb, coulis, carve strawberry roses, and do some chocolate and sugar work. Well done to Chloe and Minnie who won 10B's challenge.





Year 10 Food Tech students have been practising their presentation skills. They made sugar shards, a fruit coulis, a strawberry rose, chocolate honeycomb and chocolate leaves, a biscuit crumb and piped cream all in an effort to be the 2025 Year 10 presentation champions! Congratulations to Harry and Fiona for their restaurant worthy creations - exceptional effort! Well done to all of Year 10 for their focus in this masterclass.



MRS CORRIGAN



Year 10 have also been learning to make gnocchi.





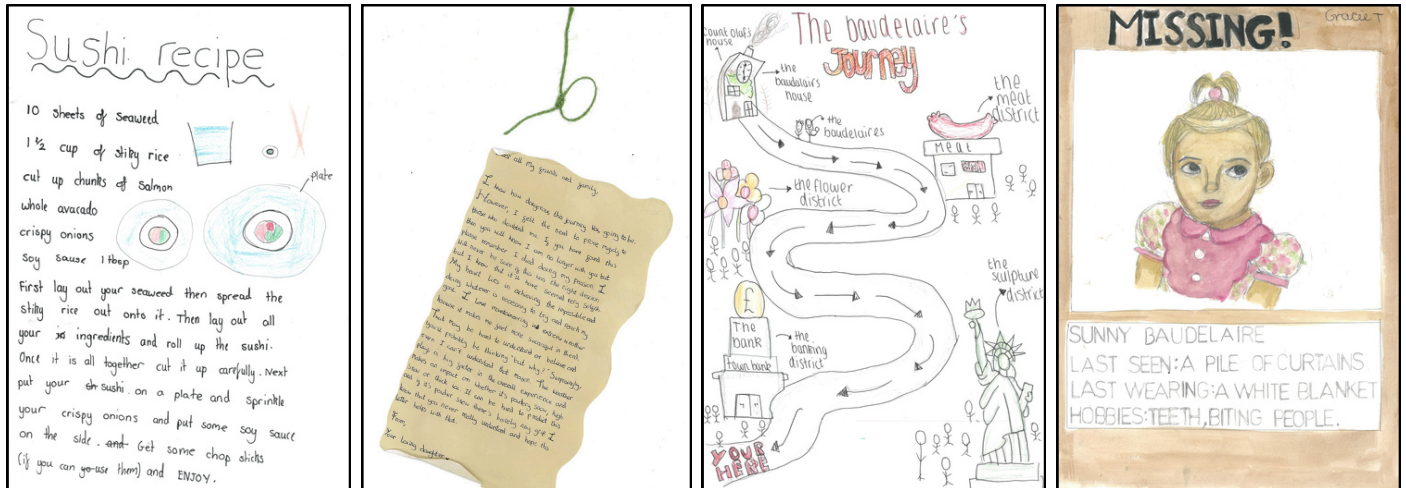
MR HARRIS

READING



TUTOR READING PROGRAMME

Key Stage 3 students have been showing off their amazing creative skills by entering a competition based on their Tutor Reading Programme books. As well as enjoying reading *I Must Betray You*, *The Wall* and *Touching the Void* with their Tutors, students have created recipes, letters, posters and even playlists influenced by these novels.



Far too many students to include here have won prizes but a special shout out goes to Mr Howard, Mr Lally and Ms Sayer, whose Tutor Groups were overall winners in their respective years. Thank you for all your hard work!



READING AGE ASSESSMENTS (ACCELERATED READER "STAR TEST")

Across three weeks (2 – 20 June), all students in Year 7, Year 8 and Year 9 will undergo their final reading age assessment of the year, during their English lessons. It is an online, multiple-choice assessment lasting approximately 20 minutes, which students do not need to revise or prepare for. These have been scheduled so that no student will take their Accelerated Reader assessment during their year group's end of year subject assessment period, ensuring students are not overwhelmed.

Please encourage your student to give this assessment their best effort as the data is instrumental in helping us allocate interventions and support. We also use the data to inform curriculum planning for subsequent academic years. Parents will soon receive a letter with further details.

If you have any queries or require additional information, contact our Whole School Reading Coordinator, Mr Harris.

YEARS 7-9

LANGUAGES



MISS COLEMAN

¿Cómo es tu colegio ideal?

Year 7 Spanish students have been working on their oracy strands this term, designing and giving presentations on what their ideal school would have. Ideas have been extremely creative and funnily enough few "aulas/clases" (classrooms) featured in the student's ideal school!



The presentations were designed focussing on the cognitive (content) and linguistic (vocabulary) strands of oracy and students spent their preparation time learning new words such as "ball pit" and "snack room". The popular designs featured multiple sports facilities, and they even included lots of conditional tense when explaining what their perfect schools would have! Fantastic work Year 7, bringing design and Spanish together in some wonderful confident presentations.



YEAR 7

COMPUTER SCIENCE



MR CAHILL

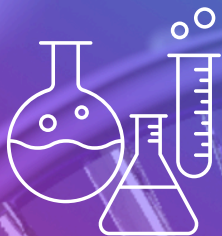
Last week we had visitors from the Police's Southwest Cyber Prevent Team come to school to talk to Year 9 about their computer use. The talk focused on elements of the Computer Misuse Act, and how, often accidentally, laws can be broken. The Southwest Cyber Prevent Team work with young people at risk of breaking the law - the focus is on education and measures to prevent cyber-crime. The aim is to educate young people on the possible consequences of their actions.

The RCCU has a dedicated cyber security team that works with schools to promote cyber safety measures and reduce the risk of cyber-crime. Safer Schools Officers regularly work within schools to promote safety and prevent crime. The students looked at hacking and how accessing other people's devices and accounts can be illegal. They also looked at how using mods for gaming can also be a legal grey area. The students considered various scenarios and discussed them with each other and as a group. We were able to get all seven tutor groups through on a rotation, it was a busy but useful day. The school is looking forward to inviting our visitors back next year.

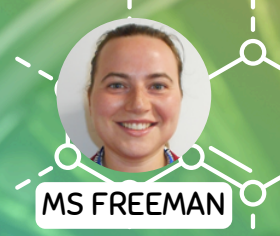


SOUTH WEST POLICE
RCCU
Regional Cyber Crime Unit

YEAR 9



SCIENCE



YEAR 7

Ms Freeman set two Year 7 classes the task of writing an article or making a poster informing staff, parents and students at BFS of the importance of pollination and to describe the process of how pollination occurs. They met this task with so much enthusiasm, and all did a brilliant job of producing informative and eye-catching posters. Here are some of the best posters and articles. Well done 7TG2 and 7TG4!

Poster Competition Winners

- 1st: Oscar T and Thomas H
- 2nd: Hattie J and Sienna W
- 3rd: Mia, Nabeeha and Carmen C-M
- 4th: Halle, Lucy and Alys.
- 5th: Maddie and Ava.



Article by Ollie W and George: Pollen is the male sex cell in plants and is very important for sexual reproduction within plants. Pollination is when pollen travels to another flower and fertilises with an ovule. Pollen travels in two ways, insects and wind. This means that bees have an important role of carrying pollen throughout flowers. This is a key part of how plants reproduce. The bee population is declining because of intensive farming, pesticides and loss of habitat. This leads to a decrease in the population of bees because of the lack of habitats and high number of pesticides. Plants are the main producers of all food chains. As a result of Bee numbers declining, plants aren't reproducing as much. This has a knock-on effect on the rest of the food chain eventually leading to an effect on us humans. As humans we can make an impact by using less pesticides. You could also make an impact yourself by building these habitats in your garden or planting wildflowers, which are essential for the populations across the world.

Salters Festival of Chemistry Competition

Last Thursday an elite group of cracking chemists represented BFS at the annual Salters Chemistry Competition. Toby, Josh, Dan, Amelia, Lena, Nina-Mae and Katherine were amazing at tackling a tough practical task - synthesising aspirin which is usually a Sixth Form experiment! They all enjoyed using the exciting undergraduate labs with unfamiliar equipment, especially donning professional lab coats, gloves and goggles.

We also listened to an engaging career talk about how Chemistry (and STEM subjects) can be used in some unexpected careers as well as learning about the fascinating applications of Chemistry in the pharmaceutical labs at the University. We had such a fab day out and we're really looking forward to participating again next year!

YEAR 10





MRS BALLARD

BFS SPORTS



BFS_TeamPE



MS SLATER

ROUNDERS

Our Year 8 and Year 9 rounders teams took on Blaise High School this week. The teams represented BFS amazingly well. They organised their fielding positions and batting orders themselves.

Year 8 lost their match 21.5-17. Player of the match for batting was Esther and for fielding was Alice.

Year 9 (aka Little Chickens) won 30-14. Player of the match for batting was Elsa and for fielding was Jasmine.

Well done all!



CRICKET

This week our girls took to the stage for our Cricket Cup Festivals, organised through Gloucestershire Cricket. Year 7 were up first against a competent Ashton Park School side. Our girls were fantastic and won the game with 82 runs against their 51. Fielder of the game was Lucy and batter of the game was Alys.

Year 9 did not disappoint in our second competition against Brimsham Green School. An incredible run score of 114 and only one wicket taken! It must be mentioned that this was an U15 competition, so the girls were playing against Year 10 students! Fielder of the game was Lucy and batter of the game was Ruby.

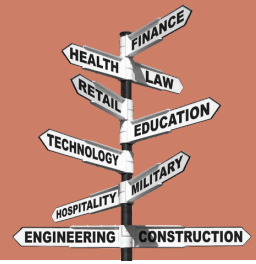
Excellent news that we now progress to the next round of the cup competition - well done!





MR BRUNKER

CAREERS



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Work Experience Employer Talks Careers Day



EMPLOYER TALK

The last Employer Talk of this term was given by pharmacist, Helen Ireland. Her talk covered a definition of pharmacy, what pharmacy professionals do, where they work, and how to become a pharmacy professional.



Helen explained that, as well as being about the science or practice of the preparation and dispensing of medical drugs, pharmacy is about so much more, including: making a positive difference to people's lives and wellbeing, stopping people from getting sick by helping to support them with healthy lifestyles, being part of communities, being part of new developments in healthcare and providing care in a wide range of settings.

The pharmacy professional role involves a wide variety of tasks and activities, meaning that no day is the same. As well as dispensing and labelling medication, pharmacists can expect to diagnose minor illnesses, check prescriptions, manage medical supplies, provide information and advice, administer vaccines, manage clinical trials, and so much more. They work in a range of settings, not just the high street pharmacy, including hospitals, GP surgeries, care homes, vaccination centres and hospices. There are also jobs for pharmacy professionals in the pharmaceutical industry, on the 111 helpline, in journalism, prisons and the armed forces, as well as at festivals. Helen herself has worked at Glastonbury, where she got free entry and accommodation (with showers!) alongside dispensing medication and giving clinical advice to festival goers.

In addition to giving an interesting insight into the profession, Helen gave students lots of useful information about how to get into pharmacy. She took them through the key skills they need to develop, such as communication, empathy, attention to detail, problem-solving, and a good knowledge of maths, science and IT. She also talked about the qualifications needed to become a pharmacist, which include A Levels in science subjects, in particular chemistry, and a four or five year Masters degree, followed by twelve months training and an exam. There are also opportunities to become a pharmacy technician, which is a more practical, supporting role, a pharmacy assistant or a science manufacturing technician. Helen showed us an inspiring video about the crucial role the pharmacy department plays as part of the multi-disciplinary team in the University Hospitals Bristol and Weston NHS Trust. There were lots of questions at the end, possibly prompted by the offer of an NHS highlighter pen for anyone who was brave enough to be curious!

We are really grateful to Helen for coming in to speak to our students – thank you!

COMING UP...

6 June: Police (UWE)

13 June: Optometry



CAN YOU HELP?

Are you able to offer Work Experience to one of our Year 12 students, Wednesday 9 - Friday 11 July? If you work locally and are able to offer a placement, please get in touch: careers@bristolfreeschool.org.uk.
Thank you!

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