



What's In This Issue?

Notice Board

House News

Subject Update:

Geography

Languages

Food Tech

Sixth Form

Library

Health & Social Care

Sports

Careers

Community Notices

A NOTE FROM MS BOARD

Last week, our STEMtastic regional champions, Sophie, Nameera, Dylan, Emily, Ava and Dan flew to Aberdeen to represent BFS at the GUH Subsea STEM Challenge National Final.

After qualifying back in March, we were so excited to head to Scotland's best city (verified by home city hero, Mr Innes) for two days of competition, 'coos' and caramel wafers!



After a scenic trip from the airport to hotel, seeing deer, highland cows (Sophie's dream) and alpacas, we settled in for a good night's sleep after a long day of school and travel.

Fuelled by haggis for breakfast, Wednesday morning started with a cultural tour of the Granite City, led by Mr Innes. He pointed out the myriad sites of interest including the second biggest granite building in the world, Marischal College and the statue of Scottish footballer Dennis Law. We walked the Granite Mile and stopped for photos in Union Terrace gardens. After a trip to the Maritime Museum to swot up on our subsea engineering and to see the amazing scale models we headed for lunch and to our tour of Fugro.



As part of the competition experience, our tour of Fugro meant a behind the scenes look at the ROVs in action across the globe, seeing the control room and data collection in action. The fun really began with the chance for everyone to control the robotic arm fitted to the ROVs and learning about the design and manufacture process of all the parts needed for the machinery.



To finish the day, and in glorious weather, we headed back into the city to visit the harbour to see some very impressively big ships and unusually big seagulls. Everyone enjoyed an Italian dinner and Dylan and Dan showed off their impressive colouring and drawing skills as our after-dinner entertainment.

The competition day itself started with nervous anticipation after a fleeting look at Scottish Cup winners 2025, Aberdeen FC's training ground. Taking inspiration from their winning ways, we set about the STEM challenge with Emily, Dylan and Dan working super hard on the coding and programming of our robot. It needed to complete four challenges to make it suitable for the work of a subsea ROV and after a lot of attention they did it! Sophie, Nameera and Ava worked tirelessly on creating an advert and pitch to the judges to promote our ROV, with some Oscar-worthy directing and Grammy-worthy singing! The team kept their spirits up and when the top three teams were announced we were so nervous. We could not believe it when they read out Bristol Free School as the top team, especially as there were sixty teams from across Great Britain at the beginning stages! We had worked so incredibly hard that raising the very heavy trophy was so special and we cannot wait to receive it, engraved with our names, in the post very soon!



Flying back in the evening from Aberdeen Airport (also the biggest heliport in the UK!) we were on such a high. Enjoying our last Tunnock's of the trip, we landed very tired but extremely proud, back in Bristol and ready to tell everyone our great news!

The biggest congratulations to the team, you were the best representatives BFS could ask for. We cannot wait to put the trophy into the cabinet!



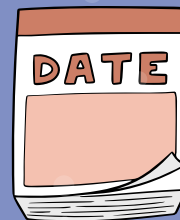
NOTICE BOARD



BFS_Bristol



BFS_Enrichment



NEXT WEEK AT BFS

Monday 16 June - Friday 20 June

Y11 & Y13 Summer Exam Series

Tuesday 17 June

Y9 HPV Vaccinations for those who missed it in Y8

Y12 Biology Trip to Folly Farm (2 days)

Wednesday 18 June

Youth Talks Finals (3.30pm in DG01)

Thursday 19 June

Y8 Big Bang Fair Trip

Y10 DofE Silver Qualifying Expedition (3 days)

Y12 DofE Gold Practice Expedition (3 days)

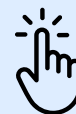
Friday 20 June

Y7-9 Spelling Bee at Orchard School

Y8 Unlock Cyber Taster Day

Sixth Form Transition Day

QUICK LINKS



Lunch Menu

Extra-Curricular Clubs

Term Dates

Student/Parent Handbook

Past Newsletters

WE'RE HIRING

Teaching Assistant

Cover Supervisor

Apply Now

BFS PRESENTS

MUSIC AND DRAMA SUMMER SHOWCASE

THURSDAY 3 JULY
6.30PM
BFS DRAMA HALL

Tickets available on Parent Pay for
performers' families now.
General release from 23 June.

Second-Hand Uniform

Please consider donating outgrown uniform to the School. We are in need of good quality, clean second-hand uniform, especially in smaller sizes. Thank you.



Wednesday 18 June
**NATIONAL THANK A
TEACHER DAY**
Send a free card
THANK YOU

TO ALL TEACHERS AND SUPPORT STAFF
IN SCHOOLS, COLLEGES AND EARLY
YEARS ACROSS THE UK!



Illness

If your child is ill, please use the following website to decide if they can attend school: [Is my child too ill for school? - NHS](https://www.nhs.uk/conditions/when-to-call-the-doctor/when-to-call-the-doctor-for-children/) (www.nhs.uk). Current advice states that children may attend school with minor illnesses such as coughs and colds as long as they do not have a temperature.

If your child is too ill to attend school, please report their absence daily and before 9am.

Please use the free app Studybugs (you can register using this link [Studybugs – Parents](#)) or by using the 24-hour attendance line 0117 9597200 (select option 1).



Drama Department Donations

The Drama Department needs some items to use as stage props in performances. We can arrange collection so please get in touch.

We are looking for a table and chairs. If anyone is looking to get rid of any furniture, please do let us know. Anything that looks vaguely home-like, to save us from trying to disguise blue plastic chairs and school tables on stage! Thank you.

Email: admin@bristolfreeschool.org.uk



Volunteers Needed

We are already looking forward to the autumn calendar and with this in mind, we are once again requesting the help of our wonderful families. If you are keen to volunteer your services for cross country, rugby, netball, basketball, trampolining or indoor hockey, we are IN NEED OF YOU!

Our Term 1 and 2 timetable for 2025-26 is as follows (subject to change):

Tuesday - cross country, trampolining, Year 7/9/10 rugby

Wednesday - Year 7 netball, and all years indoor hockey

Thursday - KS3 basketball, Year 8/9 netball, and Year 8/11 rugby AND all years girls touch into contact rugby

Next year we will continue to enter into local school leagues, as well as any regional and national tournaments, so any help at training is greatly appreciated so we can facilitate the highest standard of sport possible at BFS.

If you are interested in helping, please contact Mrs Ballard. Thank you.

Free Period Products

Free period products are available to those who need them. Just look for the **Pink Boxes** in the following locations:

- Student Services
- Sixth Form Admin Office
- PE Changing Rooms
- Mrs Gardiner's Room
- Behaviour Office
- Main Reception
- SEND Office
- Mental Health & Safeguarding Room
- Head of Year Offices
- Behaviour Room



Norbot is in the building!

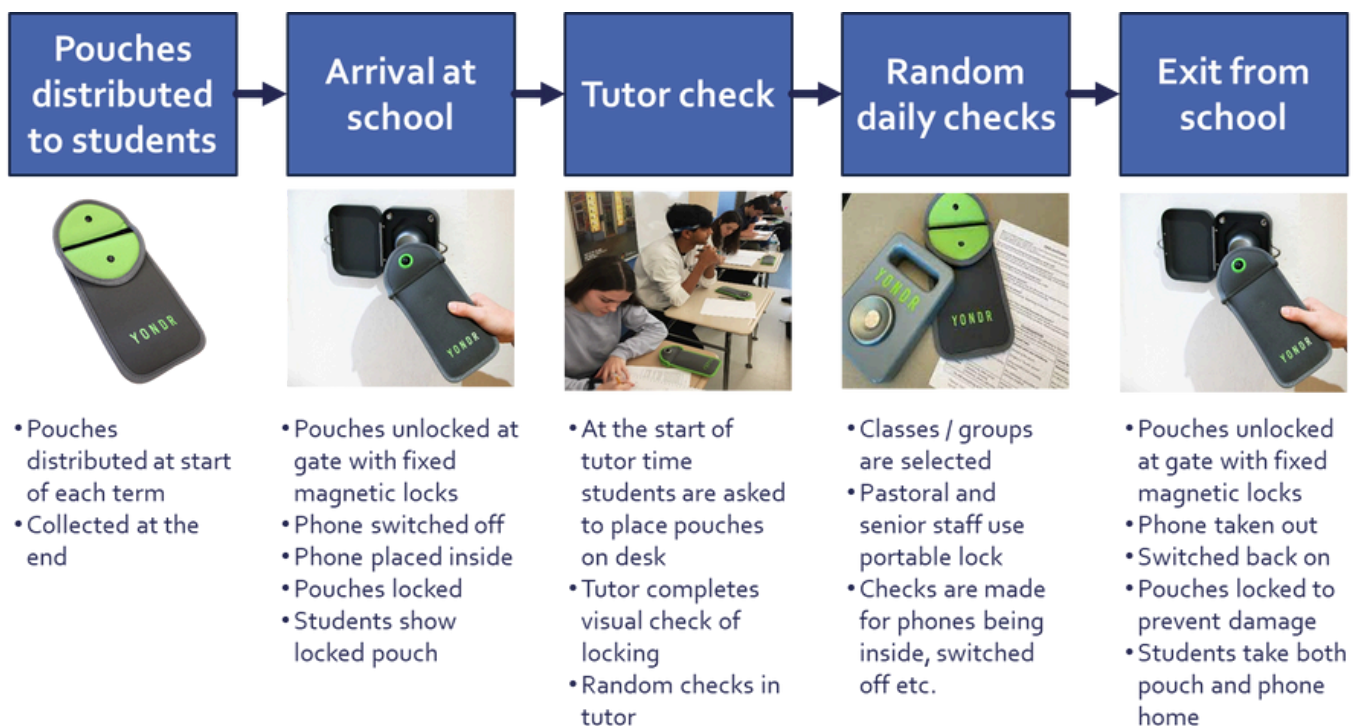
Last week our very own Norbot arrived at BFS ready to be decorated with the winning designs. A decorating station has been set up in CF19 and students have been invited to sign up to a decorating slot. First up were Louis, Nicholas and Lenny from 7TG3 to paint Norbot's hat. Oscar and Thomas from 7TG4 helped to paint his jacket, followed by Chloe, Rosie and Lucas from 10TG1 to add some of the details!



Becoming a Phone-Free School

On Wednesday evening Mr East hosted an online event to provide further details about the implementation of our new Phone-Free Policy at BFS, and to answer any questions you might have. You can watch a recording of the event on our website: <https://bristolfreeschool.org.uk/phone-free-policy>.

How will it work for my child?



How do I buy a pouch?

Yondr pouches are available to buy through ParentPay for £15. We ask that all families make payment by **Sunday 22 June**. Pouches will be given to students on our launch date and collected back in every term for safe keeping.

Any student without a pouch on the launch date will not be permitted to bring a phone, or internet-enabled smart device, to school.





UK Health
Security
Agency

NHS

Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minftec>.



HOUSE NEWS



HOUSE POINTS



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

Well done Canford!

Top House Point Earners

Congratulations to our top House point earners this week!

	Ashton	Blaise	Canford	Durdham
Year 7	Emily R, Willoughby S	Amy O	Natalie R	Reuben L
Year 8	Lauren S	Fakriya A	Mary F	Valerie G A
Year 9	Sophie L	Dylan I	Aimee D-L	Ava W
Year 10	Isabelle W	Ella A, Amelia L	Rosie D	Martin K, Evan O

CHARITY ART SALE

This term we will be holding our House charity art sale for the second year running. Last year we made over £400 selling your awesome art and blank canvases. This year we want to make even more money for the four school charities.

These fantastic canvases were created by our very own students and staff. All money raised will go to the House fundraising efforts. All canvases can be viewed [here](#) and can be purchased by emailing artsale@bristolfreeschool.org.uk. Suggested donation of £5 for a small canvas or £10 for large.

If you have been busy painting and have not handed your artwork in yet, please do so THIS WEEK.



CREATIVE CURRENTS

Duracell have launched a competition asking students to create a persuasive 'nudge' to encourage those around us to recycle batteries. A nudge is a small change designed to guide people toward better choices. They are looking for the most creative and persuasive entries and you could win a tablet!

Email your entries by Wednesday 2 July to bigbatteryhunt@nationalschoolpartnership.com or upload them here: [Big Battery Hunt](#).

Copy in Ms Hawes to receive House points too!



DURACELL

In Year 10, students have been attending their Geography field trip to Bristol Harbourside (Human Geography) and the River Holford (Physical Geography).

Harbourside

Students were investigating 'To what extent has the regeneration of Bristol Harbourside been successful?'. Students were reminded about the regeneration process following dereliction post de-industrialisation and competition from larger ports elsewhere in the UK at sites such as M-Shed and Cannon's Marsh.

Students completed the following data collection methods at three sites across the Harbourside:

- Environmental Quality Survey
- Land Use Survey
- Questionnaires
- Field Sketch

Students also researched house prices in the area to understand whether gentrification has taken place.



Holford

Students were investigating 'To what extent is the river Holford a typical river?'. In class, students have previously learnt about the features of the Bradshaw Model which illustrates how the characteristics of a river change as it flows from its source to its mouth. Students were able to apply this to the data collected at the river. Students used a range of data collection methods as they walked along the three courses of the river, such as:

- Pebble size and angularity - Powers Index and Caliper
- River depth and width - measuring tape and metre ruler
- River velocity - using a cork and timer



The students worked hard and worked well together on both trips. What a wonderful bunch of enthusiastic Geographers we have at BFS.

LANGUAGES



MR NOUAS

Over the last two weeks, Year 9 and 10 Languages students have been taking part in Government Language Outreach events hosted online. These are events organised by the Department of Health and Social Care, showing clear career pathways through learning languages. Students completed a "Where can languages take you?" booklet, self-reflecting on what kind of jobs languages are essential for and the range of skills they are currently learning in language lessons.

Last week, Year 10 students engaged well with talks from three speakers: Laura, a language analyst from GCHQ, Sian from the British Council, and Nerys, a counsellor for public diplomacy and internal politics, based in the British Embassy in Berlin. This week, Year 9 students listened attentively to three speakers too: Rosemary, a prevention officer from the British Embassy in Tokyo; Lisa, a language analyst from GCHQ; and Ilze, from the Department of Work and Pensions.

All speakers talked about what their job entails and how knowledge of languages are crucial to their jobs. The students were interested to learn that many speakers studied one language to university level but had the opportunity to complete courses in another language at their place of work. Many students were inspired by the speakers and have returned to their language learning with renewed passion!



Lena, Y10

I enjoyed listening to Laura and her experience around languages. She delivered it with interest highlighting how passionate she is about her job. I gained a slight interest around her job as being at GCHQ requires a variety of speaking skills and since I speak a foreign language, pursuing that area could perhaps be an option for me.

While I was listening to Sian, I could really tell being in the British Council is the job for her. She seemed to enjoy her job, and languages truly benefit her life. I liked listening to her because she delivered her experience in an engaging way and shared how travelling requires important communication. Overall, her job seems quite interesting.

Listening to Nerys' experience was truly entertaining. She showed a variety of images including giving speeches, travelling, and events the British Embassy offers. Seeing how languages helped her find her dream job really emphasised how important languages can be. Overall, I enjoyed listening to her speech and it has helped me to find out about different career paths.

MFL is a key subject in the BFS curriculum. It is also integral to the working of the world. If you took a few minutes to stop and think of all the jobs that require knowledge of a foreign language, I am sure the list you come up with will be staggering. Learning a foreign language opens you up to a new world of countless opportunities for work, study and leisure many will never see. That is why the MFL classes were taken to listen to three speakers who used their knowledge of foreign languages in their jobs.

The first speaker was a translator for the British intelligence agency. The speaker used their knowledge to translate communications the agency intercepted to ensure Britain's security from foreign threats.

The third speaker was a diplomat who travelled to nations allied with Britain to help cooperation and relations. During the workshop we were given booklets to fill out and after we had listened to the speakers, we were given time to discuss what we had learned. The workshop outlined the importance of languages to the running of the world and presented us with the opportunities we can take from learning a language, showing us the benefits.



Matthew, Y10



MRS CORRIGAN

FOOD TECH



Year 10 students been learning about the impact of the food industry on the environment. In response to this, students chose their own meal to cook, considering food waste, food miles, and seasonality. A fantastic range of dishes were prepared, cooked and professionally presented. These included leftover mash potatoes being turned into croquettes, leftover boiled potatoes being used in a frittata, and spoiled bananas being used as part of a banana trifle. Students also used vegetables and herbs they had grown themselves. A huge well done to students for showcasing their skills and following a tricky brief.

YEAR 10





MS NORTON

SIXTH FORM

On Wednesday this week, Year 12 students visited Cardiff University. Having recently completed their end of year exams, the trip was a welcome break from studies and a timely opportunity to start thinking about life after Sixth Form.



The visit was designed to help students consider whether university might be the right path for them. The day began with a lecture titled "An Introduction to Higher Education", which offered valuable insights into what university life is really like. Students learned about key factors to consider when choosing a university or course, including academic interests, location, and future career prospects.

The session also explored important aspects of student life, such as the support services available and the wide range of clubs and societies on offer, helping students imagine how they might get involved and feel at home on campus.

After the lecture, students enjoyed a guided tour of Cardiff University's impressive campus, giving them a first-hand look at the learning environment and facilities. To round off the day, there was some free time in Cardiff City Centre, where students explored the shops, had lunch, and experienced the vibrant atmosphere of the Welsh capital.

It was a thoroughly enjoyable and informative day, giving our students a clearer picture of their future options and the exciting opportunities that lie ahead.



LIBRARY & READING



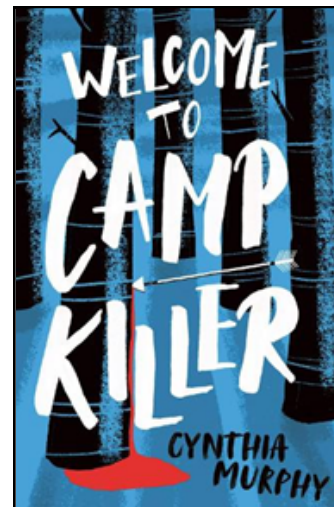
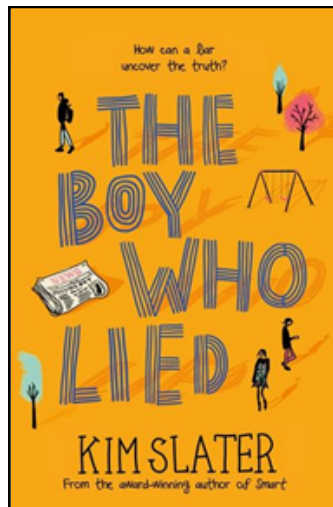
MS GRIFFITHS

BFS BOOK AWARD

Breaking News!

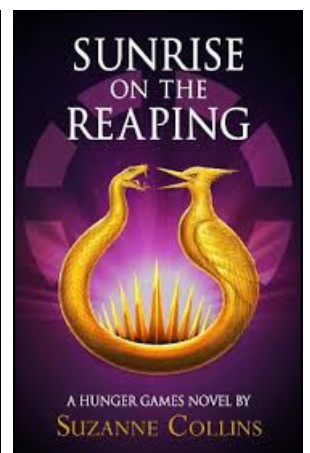
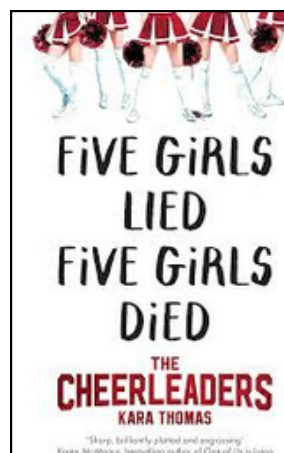
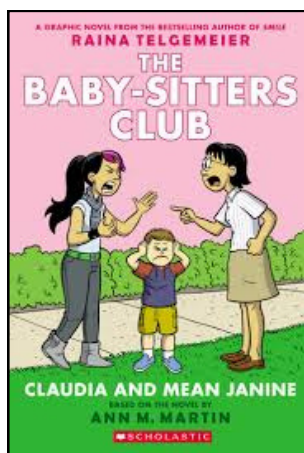
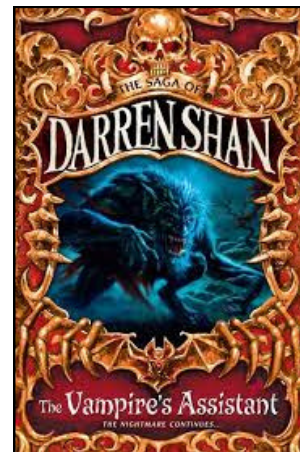
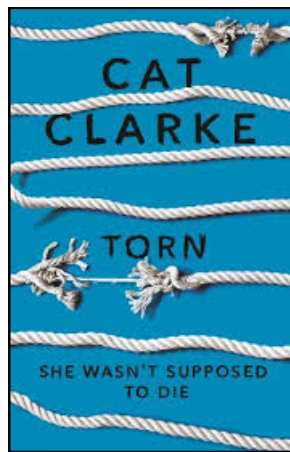
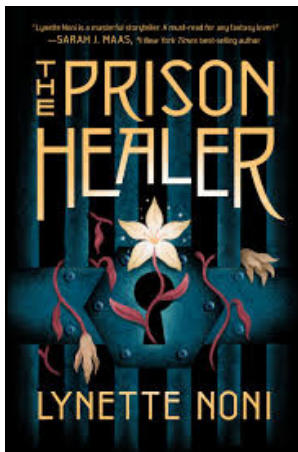
The Library is excited to announce the first ever BFS Book Award. In the first week of term, a group of students from Years 7, 8 and 9 went shopping at Max Minerva's bookshop in Henleaze. There they selected the shortlist of nominated books for our book award project. A judging panel has been selected, grouped and chosen one of the nominated books to read and rate.

Get involved - shadow with us. All students across the school are invited to read the books up for consideration and say which should win. The books are:



NEW BOOKS

The Library has lots of new books in stock, many of which have been requested by students. Come to the Library and look at some of our new titles.



HEALTH & SOCIAL CARE



MRS MORGAN-JONES

On Wednesday our Year 10 Health and Social Care students were invited to an Experience Day at Glenside Campus UWE where students were able to experience hands-on workshops exploring different healthcare professions.



Each session was led by course academics and student ambassadors from UWE. The workshops covered a range of topics, including:

- Nursing: Working in a ward, students experienced moving patients using specialised equipment and taking vital signs for an infant.
- Physiotherapy: Focused on joint and ligament movement, providing insights into physical rehabilitation.
- Paramedic Science: Emphasised emergency response assessments and critical care techniques.
- Radiography: Introduced both diagnostic and therapeutic radiography equipment and practices.
- Social Work: exploring the role of the social worker and the skills to be effective.
- Midwifery: Experience of delivering a baby, caring for a baby and pregnant mothers.

YEAR 10



Our students engaged extremely well in all tasks, giving them real-life experiences that will help them in their Health and Social Care BTEC and future career choices. Staff at Future Quest were extremely impressed with the engagement of our students and look forward to supporting them with their future choices.



MRS BALLARD

BFS SPORTS



BFS_TeamPE



MS SLATER

NOTICE

It is our final term of extra-curricular sports at BFS for this academic year. Due to the school's enrichment calendar, as well as semi-finals and finals being played by 7 July, we will be finishing all extra-curricular sport provisions on Friday 4 July and therefore there will be no training in the last two weeks of term - weeks commencing 7 and 14 July.

ROUNDERS



Year 9 attended St Bede's Catholic College on Wednesday to play in their final game of the league. Both teams were fantastic and brought a lot to the table to battle it out until the end.

Unfortunately, St Bede's took the win against BFS with a 16-11 score line. This was our first defeat of the season but an amazing season it has been for this group of students. Well done!

ATHLETICS



Year 10 student, Archie, attended the Avon School Championships last weekend. He won gold in the 400m with a personal best of 55.6 seconds. He then went on to run the 4x100m relay with the Bristol team and won gold.

The Year 10/11 Bristol team had a very successful afternoon despite the weather and won the cup. Students will be selected from this event to go forwards to the South West Schools Championships.

GET ACTIVE

In PE next the week we will be celebrating everything about being our best active selves.

16-22 June celebrates National School Sports Week and, at BFS, we want to get everyone in the community as active as possible. We are encouraging students, adults, extended family and staff to increase their activity levels throughout the week.

Some of our ideas include:

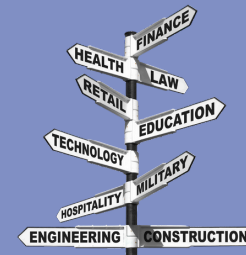
- Going for a walk, run or bike ride
- Getting together with a group of friends to play some sport - football, rounders, basketball etc.
- Going for a swim
- Playing sport or taking part in activity at lunch time during the school day
- Completing a YouTube fitness video
- Joining that sports club you have been wanting to join for a while
- Walking, scooting or cycling to school

We also want to hear from you. We love celebrating all of your achievements and accomplishments in sport, so if you have been successful in any sport this year, or have any competitions coming up, we really want to hear from you. If you would like to share any of your activities, please email us: physicaleducationdepartment-bfs@bristolfreeschool.org.uk by 23 June with all of your National School Sports Week activity adventures.



MR BRUNKER

CAREERS



Year 10 Careers Day - call for support. On Monday 7 July we have our Year 10 careers day, part of which involves each student taking part in a mock job interview. We already have a good selection of volunteers but could do with a few more. If you or someone you know would like to help out, please contact Mr Brunker (careers@bristolfreeschool.org.uk). You would be needed from 9.30 to 12.40 and lunch is provided. Thank you!

EMPLOYER TALK

Our Employer Talk this week was given by Amar Shah who spoke on 'A career in eyes', discussing the various career paths students could take as an optometrist or optician, one of the most versatile allied health professions in the UK.

Amar has spent over 20 years in the industry, discovering an early passion for the profession after his first eye test as a child. He told students how impressed he had been by the optician's grasp of science and their ability to connect with him as a person.



He explained that there are so many things you can do with an optometry degree; the profession offers a lot of scope for doing multiple different roles – the most Amar has done at any one time is nine, including being the optometrist for Bath Rugby, which got him a free season ticket. Roles in optometry include high street optometrist doing eye tests for members of the public, a hospital optometrist, conducting research, working in education, such as teaching and supervising students on the optometry degree, working as a rep for optical brands or going into software development.

Amar gave some useful guidance to students on the pathways into optometry, the typical route being A Levels in science subjects followed by an optometry degree, with post-qualification salaries peaking at over £60,000. For those who are not so strong in the sciences, there is also the possibility of taking a foundation or allied health degree or working in a related role such as a dispensing optician and qualifying as an optometrist 'on the job'. Amar talked about the financial benefits and risks of setting up his own business as an optometrist. He said money isn't everything but stressed the importance of finding a career that will be able to support the lifestyle you want to live. Above all, he said, it was important for him to have a passion for his work and a career that offers a healthy work-life balance. Optometry provides both of these.

Many thanks to Amar for coming to speak to our students with such energy and enthusiasm.

OPPORTUNITIES

University guide: what is a professional and technical university?

You may well have heard of the Russell Group, but you may not be familiar with many other types or groups of university. Check out this [simple guide to professional and technical universities for students](#).

University Guide 2026 published

The [Complete University Guide 2026 University League Tables](#) have now been published. These rankings are designed to help students make informed decisions about their higher education and future pathways.

Discover the World with Army Sports and Travel

The Defence STEM Undergraduate Sponsorship (DSUS) not only helps fund your university education but also provides financial support for Adventurous Training and travel opportunities. [Find out more.](#)

Apprenticeships at Aldi

Discover a range of apprenticeship opportunities at Aldi, including [Stores Career Starter Apprenticeship](#) and [Warehouse Career Starter Apprenticeship](#) (no qualifications required) and [Store Management Apprenticeship](#) (Grade 4 in English and Maths GCSE).

EY Degree Apprenticeship

A four year programme in Bristol. [Find out more.](#)

COMMUNITY NOTICES

Kids & Teens Art Clubs at Goldfinch for 4 - 16 years

Goldfinch Create and Play, Westbury-on-Trym, Bristol

KIDS

Mondays 4pm & Thursdays 4 30pm (6 - 10 yrs)

Tuesdays & Wednesdays 4pm (4 - 7 yrs)

Children will explore creatively within various art mediums, themed by term.

TEENS (11 +)

Fridays @ 4 30pm

This class is ideal for teens wanting to experiment with different art mediums, from print to paper cutting, sculpture and illustration.

**BOOK
NOW**



Goldfinch Create & Play
10 Canford Lane
Westbury-on-Trym
BS9 3DH



Baby & preschool art & music | Kids & teens art clubs | Family art workshops | Holiday art clubs | Art parties



GOLDFINCH

Find out more at: www.goldfinchcreateandplay.co.uk

Holiday Clubs at Goldfinch this summer for 4 - 13 years

Goldfinch Create and Play, Westbury-on-Trym, Bristol



28th July - JEWELLERY (5 - 10 yrs)

29th July - CONSTRUCTION - mini vehicles (5 - 10 yrs)

30th July - ILLUSTRATION (5 - 10 yrs)

31st July - COLLAGE (4 - 7 yrs)

4th August - CONSTRUCTION - mini homes (5 - 10 yrs)

5th August - WATERCOLOURS (5 - 10 yrs)

25th August - ILLUSTRATION (8 - 13 yrs)

26th August - WATERCOLOURS (8 - 13 yrs)

27th August - JEWELLERY (8 - 13 yrs)

28th August - SEWING (8 - 13 yrs)

**BOOK
NOW**



Goldfinch Create & Play
10 Canford Lane
Westbury-on-Trym
BS9 3DH



Use code:

Summer2025

for early bird discount
valid until 20th June

Baby & preschool music & art | Kids & teens art clubs | Family art workshops | Holiday art clubs | Art parties



CLIFTON
COLLEGE
HOLIDAY CLUB

OPEN EVERY SCHOOL HOLIDAY

For children and young people from Preschool to Year 11

Early drop off from 8am and late stay until 6pm

Fantastic indoor and outdoor facilities including swimming pool

Wide range of exciting activity courses

Lunch and health refreshments included in the daily price

For further information:

T: 0117 315 7666 E: holidayclub@cliftoncollege.com

www.ccsf-cliftoncollege.com



GOLFING FUN FOR GIRLS

Join us at THE KENDLESHIRE GOLF CLUB and have some fun
learning to play golf!

Date: Sunday, 22nd June – 1200 – 1430 hours

Cost: £5.00 per session

Where: The Kendleshire Golf Club, Henfield Road, Coalpit Heath,
Bristol. BS36 2UY

- ✓ Girls taster sessions
- ✓ Try a new sport, no experience necessary and no equipment needed
- ✓ Perfect for girls aged 7 – 15 years
- ✓ Fun golfing games
- ✓ Make new friends
- ✓ Goody bag

TO BOOK YOUR PLACE, GO TO: <https://bit.ly/4cCZwtX>



GLOUCESTERSHIRE GIRLS' GOLF



Bristol
**Family
Hubs**

Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?



Free
groups for
adults run
by Bristol
Children's
Centres

Scan here
to find out
more and
register your
interest!



Your parenting
toolbox:

Listening

Play

Nurture

Praise

Empathy

Connection

For more information please call: 07721 311 497
or email: psso@bristol.gov.uk

Once you have registered your interest via:
www.bit.ly/BristolParentingGroups we will be in touch to find
the best group option for you.



SAFE SPACE YOUTH CLUB

A fun, friendly place for young people!

SOUTHMEAD RUGBY CLUB

WEDNESDAYS | 5-7 PM

£1 ENTRY • CASH ONLY

ALL AGES WELCOME

(Under 8s must be accompanied by an adult)

What's on?

- Fun activities & games
- Outdoor space for football & more
- Food and snacks available
- Meet new friends in a safe, welcoming environment



Contact Tracey for more info

f SRFC Safe Space Youth Club