

Newsletter



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A NOTE FROM MRS KING

Dear Parents, Carers and Students,

Firstly, a huge well done to our Year 11 and Year 13 students for approaching their mock exam series with such a fantastic attitude and maturity. Good luck in your final exams on Monday and Tuesday, and to Year 10 students taking their RP mock exam on Monday. A reminder that students will receive their mock exam results in a sealed envelope on Wednesday 17 December. This is an important opportunity for students to reflect on their progress and plan for the months ahead.

I would also like to extend a big thank you to everyone who contributed to the Bristol North West Foodbank collection. The response from our BFS community was truly wonderful, and our Sixth Form students have been brilliant in organising and managing the donations. Your generosity will make a real difference to local families in need.

Finally, as the weather turns colder, please ensure that students are following our uniform policy. Warm layers should be in line with school guidelines, and outdoor coats should be removed once inside the building.

- Navy blue V-neck jumpers may be worn under blazers in cold weather.
- Socks can be worn under tights, but not over them so they are visible.
- Coats are recommended; guidance is black, navy, or grey.
- No hoodies are allowed.
- For PE, include extra layers to keep warm and dry. Oversized, baggy jogging bottoms are not part of the PE uniform. They present a risk of overheating and a trip hazard during activities. Please ensure any tracksuit bottoms or jogging bottoms are loose-fitting but not excessively baggy.

Thank you for your continued support in maintaining high standards.

Warm regards,

Mrs S King
Headteacher



MRS KING





NOTICE BOARD



BFS_Bristol



BFS_Enrichment

NEXT WEEK AT BFS

Saturday 22 November

Y11/12 Model United Nations at Clifton College

Monday 24 November

Y10 RP Short Course Mock Exam
Y13 Mock Exams

Tuesday 25 November

Y10 BEP Student Leadership Programme
Y11 & Y13 Mock Exams

Wednesday 26 November

MFL Speaking Mock Exam
ESU Public Speaking Round 1
Y12 Subject Evening

Thursday 27 November

MFL Speaking Mock Exam
Y12 Subject Evening

Friday 28 November

MFL Speaking Mock Exam

QUICK LINKS



Lunch Menu

Extra-Curricular Clubs

Term Dates

Student/Parent Handbook

Past Newsletters

Lunch Money

Please regularly check the balance of your child's lunch money account via ParentPay to ensure they have sufficient funds to purchase food.



ENDING PERIOD POVERTY AT BFS!



FREE PERIOD PRODUCTS AREN'T JUST FOR TERM-TIME

Please email admin@bristolfreeschool.org.uk by Friday 5 December to request a free pack for your child.

ATTENDANCE

Students are expected to arrive at school by 8.25am to be in tutor for 8.30am. Students who arrive late to school will be issued an after-school detention.

- Students arriving between 8.30am and 9am will have a late code (L) recorded in the register.
- Students arriving late after the register closes at 9am will receive the unauthorised late coded (U) in the register.

Please note that unauthorised late codes can lead to penalty notice fines or prosecutions being issued by Bristol City Council.

Top tips for students to be on time:

- Get into a regular sleep pattern so it is easier to get up.
- Avoid using screens an hour before bedtime to improve sleep quality.
- Prepare your books, equipment and uniform the night before.
- Organise with friends to travel to school together.
- If it is bad weather and you are getting a lift, leave earlier. The roads will be busier!



HOUSE NEWS



HOUSE POINTS



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

Well done Durdham!

Top House Point Earners

Congratulations to our top House point earners this week!

	Ashton	Blaise	Canford	Durdham
Year 7	Alice H	Dollie G, Thea E, Thomas S, Lily C	Jack S, Olivia R	Kylon T-D
Year 8	Emily R	Sophie R	Harriet J	Martha W
Year 9	Katy D, Harriet S	Naomi H	Rosie B	Ellie C
Year 10	Sophie L	Lucy H	Jessica S, Morgan S, Dylan R-J	Dhruvika R
Year 11	All Year 11 - well done on working so hard in your mocks!			
Year 12	Teddy F	Madeleine H	Ava M	Sadie HP, Reuben L
Year 13	All Year 13 - well done on working so hard in your mocks!			

HOUSE PARLIAMENT

This week, House Parliament interviewed Ms Board, who leads on our Extra-Curricular offer at BFS. Students asked a range of questions:

- How can younger years start their own club? **Speak to Miss Board or your tutor if you have an idea and we will see if we can get the club running. It would need a staff member to supervise/run it.**
- Could we have a gardening club? **We did run this a few years ago and take-up was low. If you think you can get some committed members to start this again, let Ms Board know.**
- Lots of clubs run on a Wednesday which means we sometimes have to choose between clubs. **We are aware of this, but clubs have to fit in with our schedules as teachers and Wednesday is a good day of the week for most teachers.**
- How can you improve communication for extra-curricular clubs? **We advertise the clubs on the screens in the dining hall and in the newsletter but we could share this more frequently in tutor notices. We would also like to have a noticeboard in school.**





DONATIONS

We are so thrilled with the community spirit that BFS staff and students have shown in supporting the Bristol North West Foodbank. Particular shout out to 8TG3 and to 7TG1, 7TG2, 7TG4 and 7TG7 for all donating an incredible amount. Thank you to all staff and students - you are amazing!

"Thank you, so much, for the donations from the Reverse Advent Appeal - BFS has donated an incredible 287kg of food support for local households." - Bristol North West Foodbank



SILVER AWARD

A number of Year 11 students have received their Silver Duke of Edinburgh's Award - congratulations!



CROSS COUNTRY

Following a successful cross country competition this term, five students have been selected to represent Bristol at the Avon Championships in January: Sidney D (Year 11), Lilia B-L (Year 11), Elsa J (Year 10), Iris B-L (Year 9), and Amelia D (Year 7).

A massive congratulations and we look forward to hearing how you get on!



JUDO

Recently, Pippa in Year 12, represented BFS at the British Judo Schools Regional Championships in Devon.

Following on from her gold medal last year, Pippa had a faultless performance winning all her matches by maximum points. She successfully retained her title as Western Area Schools Champion and qualified for the British Schools National Finals in Sheffield in March 2026.

Pippa attends Japan Arts Centre Judo in Bristol and represented BFS in an exemplary manner.

Well done Pippa and good luck in the finals!





Subject Spotlight *Science*



There is so much to enjoy throughout the year in the Science Department, with clubs, trips, competitions and many more activities to get involved in.

Terms 1 and 2 have seen all year groups doing a plethora of chemistry experiments, Year 7 learned to conquer the art of using a Bunsen burner and Science Club used their creative skills to make artwork using their knowledge of pH! Year 7 have just started their Young Green Briton journey, another peak event in the BFS calendar.



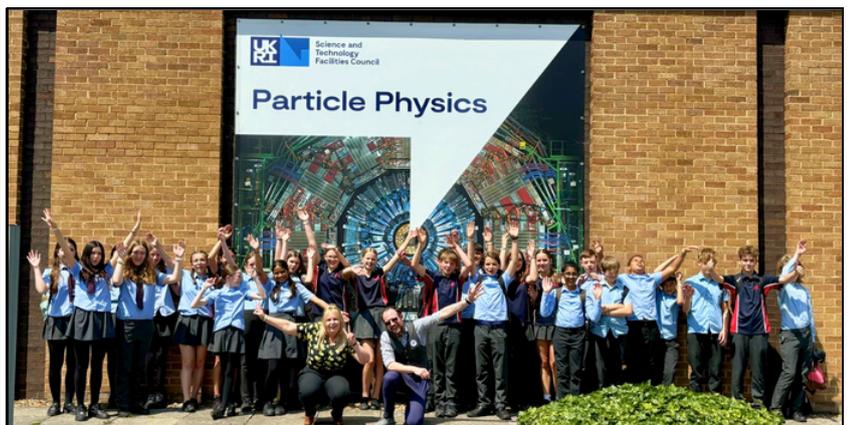
MS BOARD



YEARS 7-13

We are excited to take our Year 12 Physics group to Geneva in February, now an annual trip to visit CERN and tour the United Nations. Another highlight will be some of our Year 8 students visiting the Rutherford Laboratory in Spring, Year 10 and 12 chemists attending workshops at the University of Bristol and following our incredible success last year, winning our first national award ever in the Subsea STEM competition, we will be looking to build our Year 9 team ready for the regional heats in March.

This is set to be another inspiring and lively year in Science. We cannot wait to see your STEMtastic skills in lessons and beyond!



Science at KS3: Building Strong Foundations for GCSE Success

At BFS, our Science Department follows the AQA Key Stage 3 Science Scheme of Work, designed to give students a solid grounding in scientific knowledge and skills before they begin their GCSE courses. This structured approach ensures that every student develops curiosity, confidence, and the ability to think critically about the world around them.



MR HAMILTON

What is the AQA KS3 Science Scheme?

The AQA scheme is a carefully planned curriculum that covers Biology, Chemistry, and Physics through engaging topics and practical investigations. It focuses on Big Ideas in Science – such as energy, forces, particles, and ecosystems; Working Scientifically – developing skills in planning, observing, measuring, and evaluating; and Real-World Applications – linking science to everyday life and future careers.

Why is it Important?

The KS3 scheme ensures that students gain a deep understanding of key scientific principles, develop practical skills essential for GCSE and beyond, and learn to think critically and apply science to real-world challenges.

How Can Parents Help?

- Encourage curiosity: Ask your child what they learned in science today.
- Support revision: Use online resources like [Seneca Learning](#).
- Explore science at home: Simple experiments, documentaries, and science news can spark interest.
- [Pint of Science](#) (in May) – Informal science talks for older students.

This week, our Year 7 students witnessed one of the most exciting demonstrations in chemistry: the reactions of lithium, sodium, and potassium with water. These metals belong to the alkali metal group, and their behaviour never fails to impress!

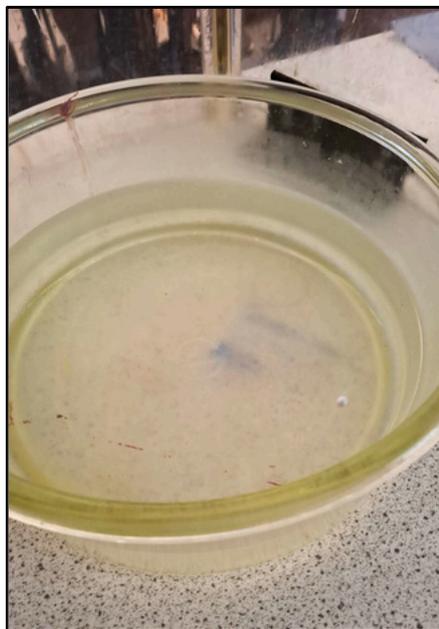


MISS CLORLEY

The students observed how each metal reacts differently:

- Lithium fizzed gently on the surface.
- Sodium danced across the water, producing heat and bubbles.
- Potassium stole the show with a spectacular flash and a lilac flame, as it reacted vigorously and released energy.

Through this experiment, students learned how the position of the metals on the reactivity series relates to how reactive they are with different substances. It was a fantastic opportunity to see science in action and what better way to spark curiosity than with a little chemistry magic?

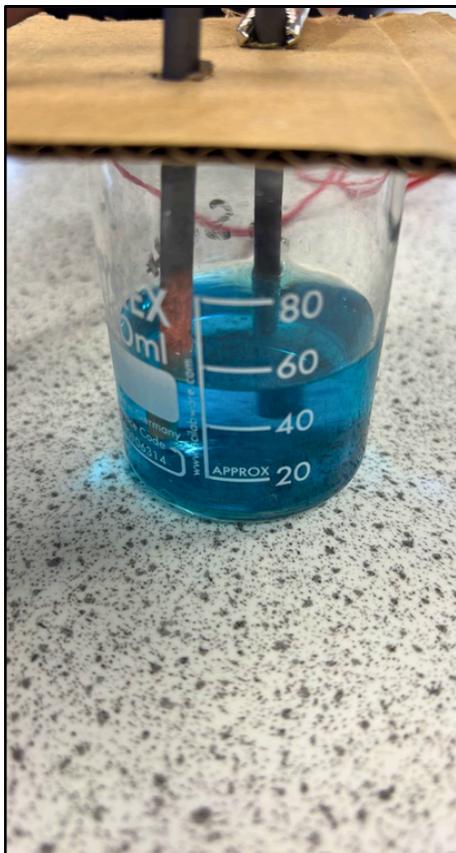
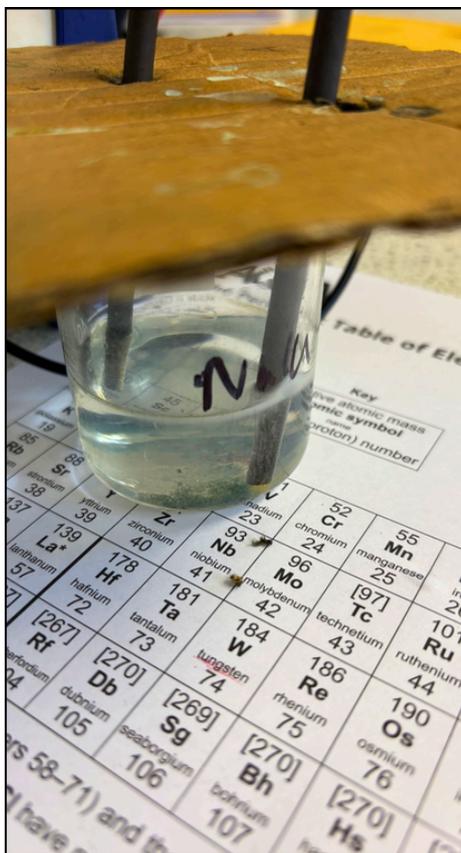


This week, Year 10 scientists rolled up their sleeves and explored the fascinating world of aqueous electrolysis. Using solutions of copper sulphate, sodium sulphate, and sodium chloride, students discovered how electricity can split ionic compounds and even extract pure elements.



MISS CLORLEY

One of the highlights? Watching copper metal slowly build up on the cathode during the electrolysis of copper sulphate. The excitement was certain as students saw chemistry in action - transforming dissolved ions into shiny, solid copper right before their eyes!



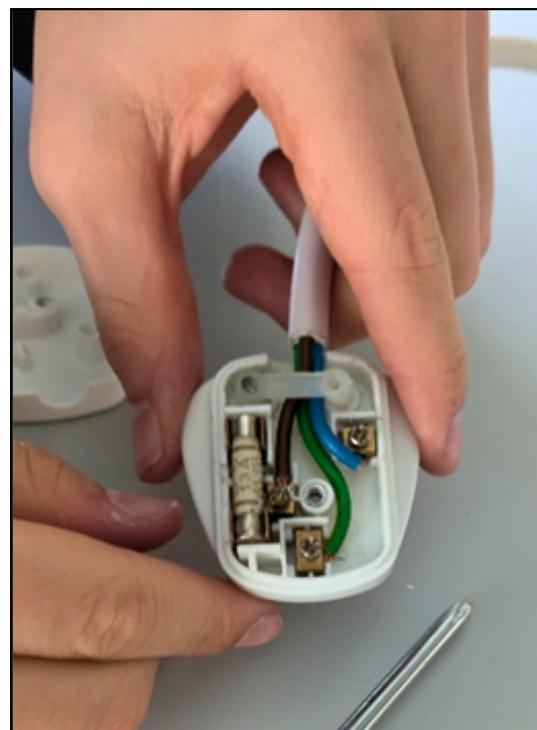
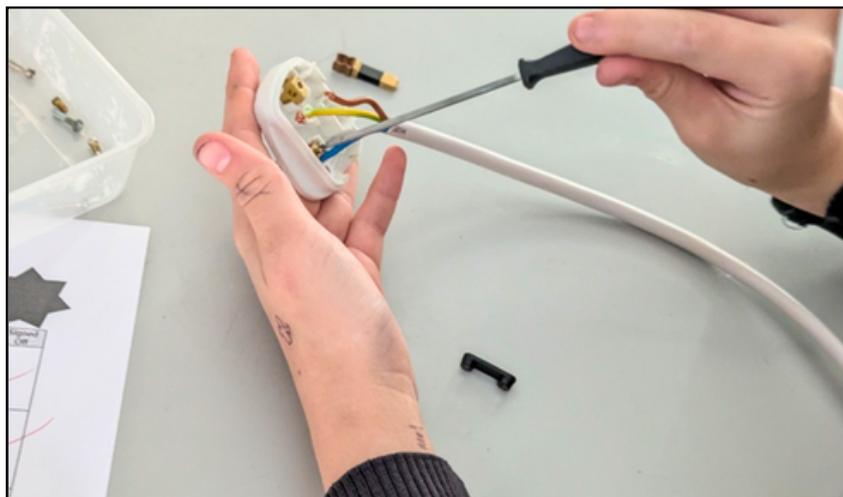
Through these experiments, students learned:

- How ions move to electrodes during electrolysis.
- Why different solutions produce different products.
- The real-world applications of electrolysis, from metal extraction to water purification.

This week, our Year 10 students explored one of the most important aspects of electricity - electrical safety. As part of our physics topic on electricity, the lesson focused on the components of a 3-pin plug along with how a fuse works. To bring theory into practice, students wired a plug themselves. This hands-on activity allowed them to see how the live, neutral, and earth wires connect correctly and why proper wiring is crucial for safety.



DR GREGSON



As an extension to his studies, Year 12 student Mohammed decided to go above and beyond and provide extra research into asthma. He hopes this will help educate people about this common disorder. Well done Mohammed.

A Detailed Overview of Asthma – Written by Mohammed S, Year 12

Introduction

Asthma is a common chronic respiratory condition leading to approximately 455,000 deaths annually, and it affects over 260 million individuals globally. The condition typically causes the airways to become inflamed and overly reactive, often triggering breathing difficulties like wheezing, coughing often, chest pressure and breathlessness. The chronic condition is a significant burden on those affected, with substantial impacts on quality of life and healthcare systems worldwide.

Pathophysiology

Asthma pathophysiology involves complex interactions between genetic predisposition and environmental factors.

Key features include:

- **Airway Inflammation:** Infiltration of inflammatory cells such as eosinophils, mast cells, and T lymphocytes into the airway walls. Other inflammatory cells including macrophages may also contribute to airway inflammation.
- **Bronchoconstriction:** Smooth muscle contraction leading to airway narrowing, causing reduced airflow.
- **Mucus Hypersecretion:** Increased mucus production contributing to airway obstruction.
- **Airway Remodelling:** Structural changes in the airway wall occur in asthma including thickening of the basement membrane due to collagen deposition or long-standing inflammation.

These processes result in variable airflow limitation and respiratory symptoms.

Epidemiology

Asthma affects people in all age groups, with varying rates of occurrence in all regions:

- **Global Prevalence:** It is estimated that 262 million people worldwide had asthma in 2019.
- **United States:** In 2024, an estimated 8.6% of American adults (18 years or older) and 6.5% of children (<18 years) have asthma.
- **United Kingdom:** In 2023/24, 6.5% of the population aged 6 years and older was reported to have asthma.

The condition occurs across all demographics but varies with geographic location, age, and environmental conditions.

Diagnosis / Assessment

Asthma is diagnosed by assessing symptoms closely and supporting their findings with objective breathing assessments:

- **Clinical History:** Assessment of symptoms such as wheezing, cough, shortness of breath and chest tightness.
- **Spirometry:** Measurement of lung function to assess airflow limitation and reversibility.
- **Peak Flow Monitoring:** Daily monitoring of peak expiratory flow rates to detect variability.
- **Allergy Testing:** Identification of potential allergens contributing to symptoms.

Management

Asthma management aims to achieve and maintain reliable control of symptoms and prevent exacerbations, since it is not curable.

The main components include:

Pharmacologic Therapy:

- Relievers: Short-acting beta-agonists (SABAs) for quick relief of acute symptoms. Combination inhaler therapy with ICS/formoterol as needed is now preferred, and SABA-only therapy is strongly discouraged due to increased risk of severe exacerbations.
- Controllers: Inhaled corticosteroids (ICS) to reduce chronic inflammation.
- Add-on Therapies: Long-acting beta-agonists (LABAs), leukotriene modifiers, or interleukins for severe asthma.

Non-Pharmacologic Strategies:

- Trigger Avoidance: Identification and avoidance of allergens and irritants.
- Patient Education: Teaching proper inhaler technique and adherence to prescribed therapy.
- Asthma Action Plans: Personalized plans to manage worsening symptoms and prevent exacerbations.

Recent Advances

Asthma is very widespread, so we are constantly trying to find better ways to help patients, recent advancements include:

- Biologic Therapies: Targeted treatments such as monoclonal antibodies (e.g., omalizumab and anti-IL5 agents such as, mepolizumab) for patients with severe asthma.
- Personalized Medicine: Tailoring treatment based on the phenotypic characteristics of groups of similar patients "(patient subgroups)".
- Digital Health Tools: Usage of and education of applications and devices for monitoring and managing asthma symptoms to allow patient independence.

These innovations aim to improve asthma control and quality of life for patients.

Year 13 Dive into Muscle Mechanics!

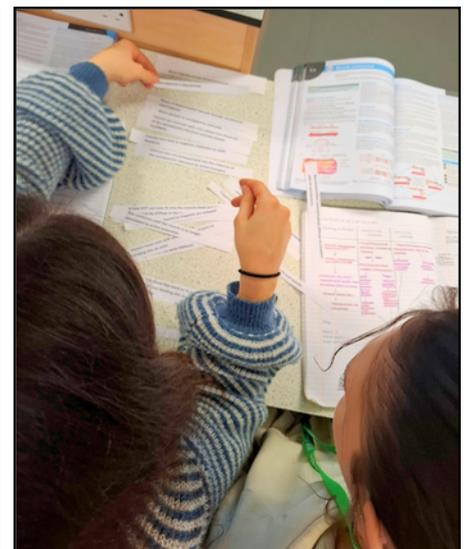
Our Year 13 students have been exploring one of the most fascinating topics in biology: the sliding filament theory - the process that explains how muscles contract at a microscopic level. This concept is essential for understanding movement, exercise physiology, and even sports science.



MR HAMILTON

To consolidate their learning, students took part in an interactive card sort activity, matching key terms and steps in the contraction process. This hands-on approach helped them visualise how actin and myosin filaments interact and reinforced the importance of ATP in powering muscle movement.

Activities like this not only deepen understanding but also develop critical thinking and problem-solving skills - perfect preparation for their upcoming exams and future studies in health, sport, and biological sciences.





MS LUDWELL

ENGLISH



YEARS 9 - 12

We have achieved something incredible this year! BFS has been accepted into the prestigious National Theatre's "New Views" Scriptwriting Programme in London. A talented group of students from Years 9-12 will work alongside the brilliant Christopher Hill, an accomplished playwright who will mentor them throughout the process. Our students have already thrown themselves into creative activities, exploring how Christopher finds inspiration for his own writing. They have tackled tasks like explaining the meaning behind their names and free writing using Bristol-inspired vocabulary - and their ideas have been fantastic!

The next challenge? Each student is drafting their very own script, which Christopher will review early next year. But that is not all - these budding playwrights will:

- Watch a live performance at Bristol Old Vic
- Visit the iconic National Theatre in London
- And one lucky student will see their script brought to life on stage at BFS this summer!

We look forward to celebrating their creativity with you.



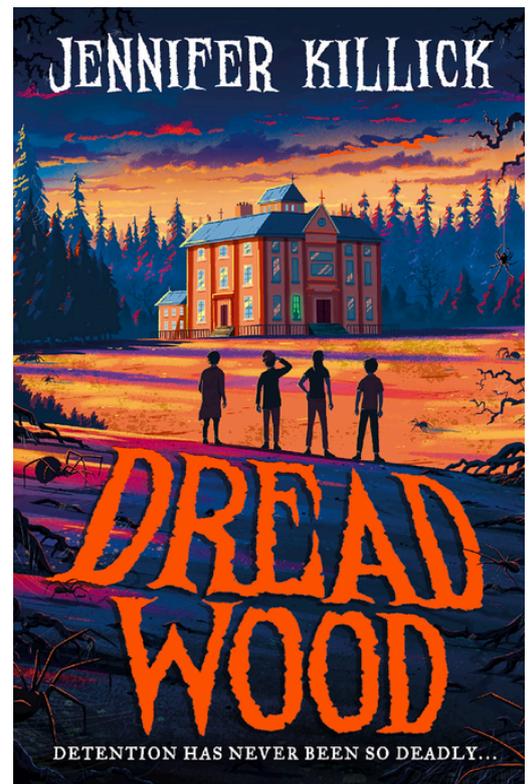
***Dread Wood High* by Jennifer Killick** **Review by Alice, Year 7**

The story is about four teenagers who all get a detention and have to meet on a Saturday at school to do team building exercises with their headteacher. When people and animals go missing, the teenagers go looking for help. Unfortunately, it's just them and the creepy caretakers - the Latchitts. They battle their way through creepy creatures and deadly nightmares to find their teacher and escape. It's not just the Latchitts who are watching them, there's something lurking underground waiting for them...

I thought it was a really good book because I like scary stories and there were some surprising plot twists. My favourite part was the ending because they had to face their biggest nightmare ever. My favourite character was definitely Gustav because he is so funny. I love all the tense moments between the four main characters because it makes me want to read more about them.

I would recommend this book to people who like a spooky story with lots of twists. Rating: 5/5 stars.

BOOK REVIEW



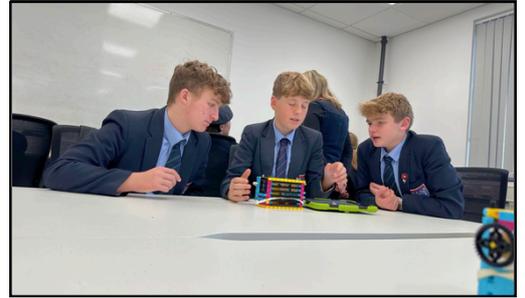
COMPUTER SCIENCE



MRS RAMANANDI

YEAR 9

On Tuesday 11 November, our Year 9 students had the incredible opportunity to attend the Cyber Horizon event in Bridgewater. The day was packed with engaging activities, including hands-on cybersecurity simulations and expert-led discussions on digital safety and emerging technologies. Students particularly enjoyed the interactive challenges that tested their problem-solving and teamwork skills in real-world cyber scenarios. The event not only broadened their understanding of cybersecurity but also inspired many to consider careers in this rapidly growing field. A big thank you to the organisers for creating such an enriching experience!



YEAR 8

CyberFirst Girls Competition

We are thrilled to announce that our students will be participating in the CyberFirst Girls Competition 2025, an exciting opportunity to explore the world of cybersecurity and computing. In today's technology-driven era, staying connected with the digital world is essential, and this competition is a fantastic way to develop problem-solving and technical skills. The competition, run by the National Cyber Security Centre (NCSC), introduces students to challenges in cryptography, networking, logic and coding, and cyber security concepts. Students work in teams to solve puzzles and earn points. The goal is to complete as many challenges as possible, starting with the easier ones to secure quick wins.

We have following 16 amazing girls participating in the competition. Students have been grouped into teams.

- Team 1: Ivy L, Maddie P, Ava A, Sophie M
- Team 2: Cassidy P, Serah T, Evelyn O, Izzy C
- Team 3: Carmen CM, Carmen PV, Pippa M, Mia BG
- Team 4: Emily R, Holly F, Hattie J, Sienna W

We are proud of our students for taking part in this exciting challenge. Good luck to all teams – let's show what we can achieve together!



MRS WYNNE-JONES

BFS SPORTS



MRS BALLARD

Important message for parents/carers regarding sports fixtures:

If your student cannot attend a sports fixture, as the responsible adult of the child, you are required to email admin to inform the school that the student cannot attend at least 24 hours before. This enables the PE team to fill the place of your student so that a full team can be fielded for the fixture. If you do not reply, then it is assumed your student will be attending, and that the team is full. Please do reply if your student cannot attend the fixture.

SWIMMING

Four swimmers represented BFS at the English Schools National Championships at the Commonwealth Games pool in Birmingham last week. They recently qualified in the 4x 50m freestyle after competing alongside 100s of schools across the country in regional qualifiers.

The championships were opened with a team parade followed by the National Anthem which was a proud moment for all swimmers.



Isaac, Amelia, Zac and Merryn all swam brilliantly. They qualified in 9th place for the final, then finished in 7th.

Finishing 7th best in the country in their event is a great achievement. Well done all of you. A massive thank you to the parents of the four students who took the students and ran the event on behalf of BFS.

NETBALL

On Tuesday evening BFS hosted St Bede 's Catholic College for Year 7, 8 and 9 netball. It was an extremely cold evening however all students were fantastic! A massive shout out to the Year 8 squad who had players pulled in to play up a year group and really rose to the challenge with playing against Year 9, and to two Year 7s who then played up into Year 8 to accommodate positions. What a fantastic community spirit!



UPCOMING FIXTURES

Tuesday 25 November	Y9 Boys Rugby Cup Final	North Bristol Rugby Club
Wednesday 26 November	Y8 Boys Rugby vs Collegiate School	Collegiate School
Wednesday 26 November	Y7 Netball Festival	Redland Green School
Thursday 27 November	Y8 & 9 Netball vs Wellsway School	BFS
Thursday 27 November	Y11 Boys Rugby vs QEH	QEH Failand



MRS SMITH

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



Step behind the curtain and explore the many career paths that bring theatre to life.

This Friday, Alex Duarte-Davies, Director of Get Into Theatre, shared insights into the wide range of roles available, from writing and directing to design, production, and technical work. This session highlighted how creativity, collaboration, and people come together to make theatre happen, and how you can get into this dynamic industry.



Alex explained that her role as Director at Get Into Theatre means her days are varied - from talking with students about a career in theatre one day to being backstage at Wicked the next and at The Globe on another. No day in her role is the same. Alex is also a freelance producer; she oversees everything from start to finish of a show, working alongside Directors to help bring their vision to life. Some producers are employed directly by a theatre, others are freelance. As a freelance producer Alex has produced a variety of shows from a two-day show about werewolves, to an audio walking trail and an 80s themed female led Hamlet. She started out in theatre as a dresser, working backstage to support actors during costume changes and before shows to get them into their costumes, and has worked her way through to where she is today.

EMPLOYER TALK



Alex talked more about the different roles within the theatre sector and how the roles are not just for performers. There are many individuals who work within the theatre sector from front of house and dressers to directors and producers and everyone in between. There are many departments within theatre including finance, marketing, community outreach and much more.

The [Get Into Theatre blog](#) has all the roles within theatre, what qualifications you need, pay scales and everything you could need to find out about a job within the theatre sector. Alex talked about how to get into theatre, listing different starting opportunities such as workshops, networking events, internships, apprenticeships. Alex talked to the students about the number of people it takes to put on a show in theatre and how some of these shows started out small. Six The Musical started at the Edinburgh Fringe with a team of under 10 and is now in mainstream theatres with a production support team of 60-80. The Edinburgh Fringe, in 2023, involved over 65,000 performers and crew across over 300 show all within three weeks! Alex highlighted how there is role for everyone within theatre whether you are creative and want to be on stage, whether you are technical and want to be in charge of music and lights or whether you are backstage or in an office, there is likely a role available.

Many thanks to Alex for sharing her knowledge about the Theatre industry with us and demonstrating how varied the roles and experiences are. This opportunity is part of the West of England Discover! Creative Careers takeover.

COMING UP...

28 November: Banking and audit
12 December: Criminology

9 January: Ministry of Defence
23 January: Pharmacy

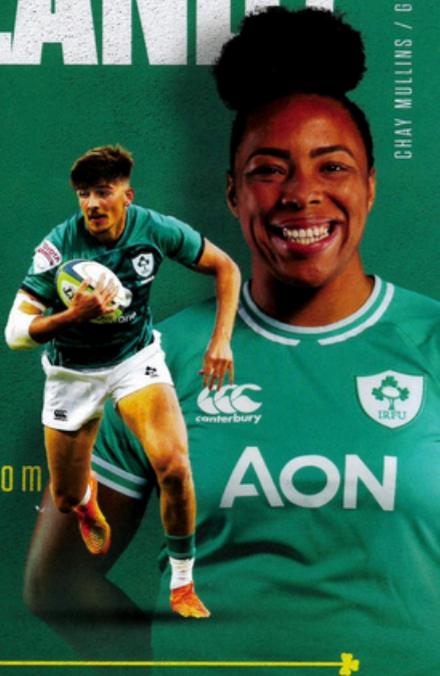
COMMUNITY AND ANNOUNCEMENTS

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The Rock Project
School of Rock & Pop

AGED 7-11 OR 11-18?

WANT TO PLAY GUITAR, BASS, DRUMS OR SING IN A BAND?

SPACES AVAILABLE AT THE ROCK PROJECT - STOKE PARK (BS7)

THURSDAYS 4:30pm - 6:30pm (Primary age)
6:45pm - 8:45pm (Secondary age)
@ Stoke Park Primary School

FREE TRIAL SESSION!
Booking Essential



- ▶ All abilities welcome
- ▶ Perform in a band every week
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- ▶ Learn in your lessons - Play in a band each week - Gig at The Fleece every July!
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LEARN - PLAY - GIG

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 WWW.THEROCKPROJECT.COM



Free online & in person support sessions

Direct Payments & Personal Budgets
St Werburgh's, BS2

Weds 19th Nov
10AM-12PM



Peer Support
Inns Court
Knowle, BS4

Thurs 20th Nov
10:30AM-12:30PM



Autism and Christmas Change
Online

Mon 1st Dec
6:30PM-8:30PM

