



MRS JEROME



MS KENNARD



MRS HUMPHRIES



MR FEARON

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LITTLE SHOP OF HORRORS



This week, Little Shop of Horrors came to BFS, and what a show it was! Well done to all the cast, crew and band members. Your hard work and dedication since September was evident and you truly blew us away! We are so proud of you.





With special thanks to...

Mrs Eynon, Mrs Pearce and the Admin Team for all their help with marketing, ticket sales and logistics. Mrs Conway and Mrs Stevens for all their support and help behind the scenes.

Site team for all their help with set up and logistics. The PE Department for moving out of the Sports Hall.

Friends of BFS for their support running the refreshments.

All the parents of cast, crew and band who have supported our wonderful students at home. We couldn't do it without you!



NOTICE BOARD



BFS_Bristol



BFS_Enrichment



NEXT WEEK AT BFS

Monday 2 - Friday 6 February

Y9 Option Choices Taster Lessons

Tuesday 3 February

Y12/13 Philosophy Society Trip (Redmaids')

Wednesday 4 February

Y9 Girls in Tech Day (UWE)

Y9 Subject Evening

Thursday 5 February

Y8 Police Cyber Security Presentation

Y9 Subject Evening

QUICK LINKS



Lunch Menu

Extra-Curricular Clubs

Term Dates

Key Dates

Student/Parent Handbook

Past Newsletters

NUT-FREE SCHOOL

To help keep all our students safe and well, we kindly remind families that our school is a nut-free environment. Some children and staff have severe nut allergies, and even small traces of nuts can cause serious reactions.

Please do not send nuts or products containing nuts to school, including:

- Peanuts or tree nuts
- Peanut butter or nut spreads
- Nut-based snack bars, cakes, or chocolates
- Products labelled "may contain nuts"
- No pesto products



We appreciate your support in checking food labels carefully and helping us create a safe and inclusive school community for everyone. Thank you for your understanding and co-operation.

ATTENDANCE

ILLNESS

Please follow NHS advice from this website to decide if your child is too ill for school:

[Is my child too ill for school?](#)

Please remember it is fine to send children to school with minor coughs and colds. For period-related issues, students are able to bring in painkillers to Student Services with a medication form, and free period products available throughout the school.

If you require the medication form for your child to bring in paracetamol, ibuprofen or prescribed medication, please email admin@bristolfreeschool.org.uk.

Please report your child's illness each day that they are absent. This can be done through the free app Studybugs or by calling the 24-hour answer service on 0117 9597200 (option 1). Please do not email absence reports to teachers or main reception as these may not be seen in time for registration.





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	Margot S	Wilfred M	Olivia R	Daisy G
Year 8	Hazel I, Jamie D	Lily-Mae P	Sophie M	Esther O
Year 9	Harriet S	Krystal D, Elwood C	Henry G	Jack R
Year 10	Jacob C	Sasha B, Jessica W	Amelia B	Miley W, Bella S
Year 11	Isabelle W	Laura W-C, Ruby L	Georgina D	Aseel A



HOUSE FRIDAYS



HOUSE FRIDAYS



MR JOHNSON

Last week we launched the House photography competition. The theme is 'Community'. How you interpret the theme is up to you – people, events, work, leisure, your favourite spot in Bristol, or somewhere else. The well-known photographer Martin Parr, who lived in Bristol, passed away recently. His photos captured community life brilliantly – check out some of his work for inspiration. Get creative and show us what 'Community' means to you. You can use a phone or a camera. You have until Monday 23 February to submit your entries. Send your photo to Mr Johnson via email to j.johnson@bristolfreeschool.org.uk.



Today students were invited to take part in our first exploding balloon race competition. Competitors were blindfolded and raced to blow up a balloon. The biggest balloon wins, but if it pops - you're out! Check back next week to see who won!



MISS MCMURDO

ENGLISH

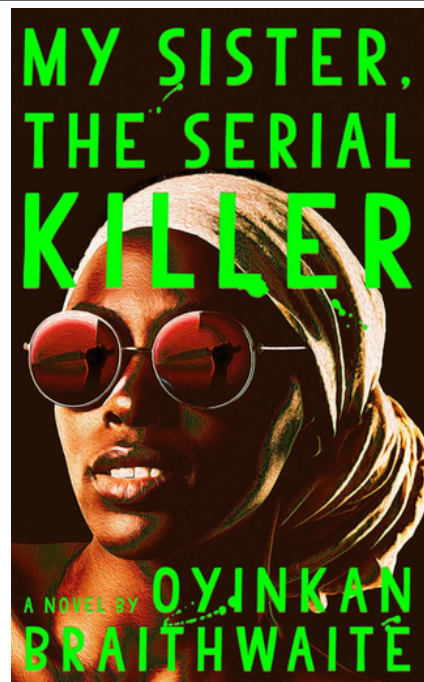


BOOK REVIEW

***My Sister the Serial Killer* by Oyinkan Braithwaite** Review by Sam, Year 9

The book, *My Sister the Serial Killer*, was in my opinion really good. The main character's sister Ayoola was a serial killer. She seemed to only do it for self-defence but every time she got a boyfriend she would stab them if she thought they were getting aggressive (or not...).

Korede, the sister and protagonist, on the other hand was not a killer but always had to get involved in the crime otherwise her sister would go to jail. She has to clear up the blood and discard the bodies in the sea to make sure no traces were left. The whole story was about relationships and the constant killing Ayoola did. I personally thought it was great and the storyline was interesting.



DIGITAL COMPETENCY



MRS EDWARDS

Getting the Most from Your OneDrive

All BFS students have access to **Microsoft OneDrive**, a cloud-based storage system that keeps your files **safe, synced, and easy to access** wherever you are. Whether you are working on a computer in school, finishing homework on a tablet, or checking notes on your phone, OneDrive ensures your documents are always up to date and right where you need them.

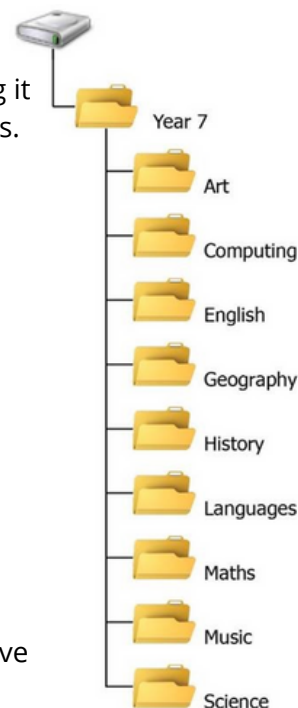
OneDrive also lets you **edit files in real time** and **share your work securely**, making it perfect for group projects, coursework, and keeping organised across all your subjects.

Top Tips for Students

To help you stay organised and make the most of your digital workspace, here are some simple habits to adopt:

- **Create a folder for every subject** so your work stays neat and easy to find.
- **Give every document a clear name** - you will thank yourself later when revising!
- **Check your OneDrive regularly** to tidy up files and keep everything in the right place.
- When using **Microsoft 365 apps in a web browser**, your work is saved automatically to OneDrive.
- If you open programs through the **Windows search bar**, remember to **manually save your work**.

By keeping your OneDrive organised, you will save time, reduce stress, and always have your schoolwork right at your fingertips.



ONE DRIVE



MS URCH



MRS WYNNE-JONES

BFS SPORTS



BFS_TeamPE



MRS BALLARD

FOOTBALL



The Year 8 boys football team played Redland Green School on Monday and drew 1-1 with Africa scoring in the final minute. Their Player of the Match was Fraser.

The team played again on Thursday against Cotham School, winning 8-1! Goals from Oli A, Dex (2), Africa (2), Louis (2) and Sam R. They fairly rotated and managed their own team with a squad of 14. Excellent play. Dex made his goalkeeping debut in the second half with some incredible saves and no goals let in!

Nathanial in Year 11 was the referee for the Year 8 match and did an amazing job and we are very grateful for his help.



The Year 9 boys football team played Redland Green School on Monday and lost 2-1 with Gabe scoring in the second half. Their Player of the Match was Zach O.

The team played again on Thursday against Cotham School, drawing 1-1. Stanley scored an incredible first half goal - TOP LEFT!



The Year 7 girls football team delivered a fantastic performance this week as they travelled to Orchard School for their latest league fixture, coming away with a commanding 5-0 victory. The team showed great determination from the first whistle, combining strong defensive organisation with confident attacking play. Their teamwork, energy, and resilience were evident throughout, resulting in five well-taken goals.

Goal Scorers: Lucy, Thea, Lily, Leonora and Edith

A special mention goes to Lucy, who was named Player of the Match for her excellent contribution on and off the ball, showcasing real leadership and skill. Overall, it was an outstanding team display and a brilliant result for the squad. Well done to all the girls involved!

SWIMMING GALA

If you are a current club swimmer and would be interested in representing BFS at the Bristol Schools Swimming Gala on Thursday 12 March (5-9pm) at Easton Leisure Centre (BS5 0SW) please let us know! If you are interested, please write down your entry time for the 50m distance and the stroke you swim to Ms Ballard in the PE office or email by Friday 6 February. Please note that you would have to make your own way there, the school will not be providing transport.

UPCOMING FIXTURES

Tuesday 3 February	Y7 & Y11 Boys Football vs Orchard School	Orchard School
Tuesday 3 February	U14 & U16 Girls Football vs Orchard School	Orchard School
Wednesday 4 February	U12, U14 & U15 Girls Football vs Cotham School	Shine Sports Ground
Thursday 5 February	Y8 & Y9 Boys Football vs Orchard School	Orchard School

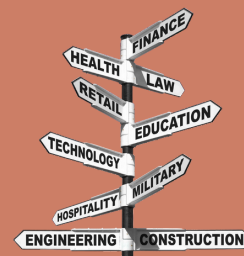


MS NORTON



MRS SMITH

CAREERS



MR CAHILL



On Friday 16 January, a group of 20 students from Year 12 and 13 attended an exciting Careers Day at UWE Bristol, gaining first-hand insight into the world of work from some of the UK's most influential employers. The event was aimed at students studying A Level computer science and BTEC IT.

The event brought together a diverse mix of organisations, giving students the chance to explore career pathways across technology, finance, healthcare, and cyber security. Students engaged directly with representatives from major employers including BT, Nationwide, Hargreaves Lansdown, and the NHS. Each organisation offered a snapshot of the skills, qualifications, and personal qualities they look for when recruiting.

A particular highlight was the presence of cyber-focused employers, including Leonardo and other specialist cyber organisations. These sessions helped raise awareness of the growing importance of digital security and the wide range of roles available in this fast-advancing field.

The day aimed to inspire and inform, helping pupils make confident decisions about their next steps - whether that leads them toward apprenticeships, university, or direct entry into the workforce.

The Careers Day at UWE Bristol proved to be a memorable and motivating experience, giving students a clearer picture of the opportunities ahead and the pathways that can lead them there.



**UWE
Bristol**

Future careers events at UWE can be viewed here.

[Careers Events](#)

CAREERS ASSEMBLIES

Last week, our assemblies focused on careers, with a particular emphasis on apprenticeships and the diverse pathways they offer to students. An apprenticeship is a paid training programme that combines real workplace experience with formal study, allowing individuals to earn a wage while gaining recognised qualifications. Apprentices spend part of their time learning on the job and part of their time completing structured training, giving them the skills, knowledge, and experience needed to progress directly into a career. It is especially important to raise awareness of apprenticeships, as they are often less well-understood than the more familiar university route, despite offering an equally valuable and credible pathway into a wide range of professions.

We are very grateful to all of our visiting speakers for giving their time to share their expertise and inspire our students.



SGS College

Did you know that SGS offers apprenticeships from Level 2 to Level 5?

On Monday, Year 11 heard from Amy Archer, an Employer Engagement Co-ordinator from SGS College. Amy works mainly with students completing apprenticeships in construction and early years, but she was able to give our students a broad overview of the wide range of apprenticeships available at SGS.



She began by recapping what an apprenticeship involves: learning while working, typically spending one day a week in the workplace and one day a week in college. This structure allows students to gain hands-on experience, develop specific workplace skills, and work towards nationally and internationally recognised qualifications.

Amy highlighted the variety of apprenticeships offered at SGS, including Electrical Installation, Landscaping, Plastering, Carpentry, IT and Digital Marketing, Project Management, Early Years and Accounting. She also explained that SGS partners with a wide network of employers and can help match students to suitable placements, although students are also welcome to find their own employer.

To finish, Amy shared practical advice for securing an apprenticeship. She encouraged students to keep their CVs up to date, which they can do through their Unifrog accounts, and to contact employers directly rather than relying on parents or carers, as this demonstrates independence.

Lloyds Banking Group

For our Year 10 assembly, we were delighted to welcome Jo Button and Will Rooke from Lloyds Banking Group. Jo has worked at Lloyds for eight years, specialising in protecting customers from fraud and financial crime. Will joined the organisation 16 months ago as an audit apprentice, beginning his career straight after completing his A Levels.



Jo and Will spoke to students about the importance of financial services in everyday life, from saving and borrowing to investing, and quickly dispelled the myth that working in financial services is all about maths. They explained that the sector offers a huge variety of roles suited to different strengths: people-focused careers in HR and customer service; opportunities for those interested in technology and coding, especially

in developing new banking apps and features; and roles in business and marketing, including work on the well-known Black Horse adverts and branding.

Will went on to describe his Level 4 Audit Apprenticeship, comparing the role to that of a police investigator who examines different parts of the business to ensure they are meeting key requirements. He also highlighted the wide range of school-leaver apprenticeships available at Lloyds, from Level 2 through to master's Level 7, including pathways in business analysis, technology engineering, cyber security, and finance.

Both Jo and Will emphasised that starting a career or apprenticeship with a large organisation like Lloyds provides excellent opportunities for progression and the chance to move around the business to find a role that truly suits your interests.

Babcock International

Year 9 students heard from three current Babcock apprentices - Lucy Bailey, Max Pruce, and former BFS student Rachel Scriven, who spoke about their routes into apprenticeships in defence and engineering.



Lucy and Max are completing Level 6 Project Management Degree Apprenticeships, while Rachel is on a Level 4 Quality Assurance apprenticeship. All three described their educational journeys and highlighted that apprenticeships offer a practical alternative for students who may not have a fixed career plan.

They introduced Babcock International as a global defence company providing technical support and engineering services across sectors such as marine, nuclear, land, and aviation. The speakers explained that Babcock delivers through-life support for complex, safety-critical assets to help customers maintain long-term capability.

The apprentices outlined the different apprenticeship levels: Level 3 (A level equivalent), Levels 4-5 (foundation degree), Level 6 (degree), and Level 7 (postgraduate). They also shared what a typical working week looks like, with Level 6 apprentices dividing their time between home working, university, and on-site experience, while Level 4 apprentices spend more time on site alongside periodic college sessions. They emphasised that apprenticeships combine paid work with formal qualifications.

Finally, they noted that completing an apprenticeship usually leads to a permanent role after assessment, but places are highly competitive. To stand out, they encouraged students to build strong applications by taking part in volunteering, leadership roles, and enrichment activities such as the Duke of Edinburgh Gold Award, demonstrating skills like teamwork, resilience, and commitment.

Willmott Dixon

On Thursday, Year 8 students heard from Will Davies of Willmott Dixon, who spoke about the wide range of careers available in the construction industry and the many different routes into them.



Willmott Dixon is a privately owned contracting and interior fit-out company, and Will began by showing students examples of the buildings the company has delivered, including schools, university facilities, and police headquarters.

He explained that there are over 2,000 job roles within construction, ranging from traditional trades such as bricklaying, plastering, and gas engineering to less obvious careers including IT management, quantity surveying, and social media or communications. Many of these roles offer strong earning potential; for example, bricklayers can earn anywhere between £25,000 and £60,000 per year.

Because the industry is so varied, there are multiple entry routes into construction. Will highlighted apprenticeships as an excellent pathway, with opportunities ranging from Level 2 through to Level 7 depending on the role. T Levels also provide a valuable route, offering substantial industry placement experience as part of the qualification. For other career paths, university degrees and trainee schemes are common options. Willmott Dixon itself offers a Management Trainee Scheme, open to students straight from school or graduates, with a starting salary of £24,000.



Thinking About a Career in Chiropractic?

Today we welcomed Rhys Owen from Orku Chiropractic Health for our Employer Talk. Rhys explained to the students that chiropractic is a hands-on healthcare profession focused on diagnosing, treating, and preventing problems affecting the muscles, joints, and nerves. If you enjoy science, problem-solving, and helping people improve their wellbeing, this could be an exciting pathway for you. Chiropractic helps people move better, feel better and live healthier lives - without surgery or drugs. From babies to athletes to grandparents.

Rhys explained that being a chiropractor is great because he gets to help people daily, whether that is through seeing regular clients for maintenance check-ups or new clients in significant pain. Running Orku with his business partner and friend means he can be his own boss and create a flexible schedule to fit around clients but also, he needs to create a good work-life balance. Rhys explained that the income is great in Chiropractic care, with roughly only 4000 Chiropractors in the UK there is good job security and availability.

Rhys talked the students through a day in clinic. Typically, he arrives at 7am to get set up for the day, seeing his first patients at 8am. Rhys will continue to see patients in clinic until around 12.30pm when he will take a 3-hour lunch break. This lunch break gives Rhys time to not only grab something to eat but also go to the gym, catch up on notes and plan his upcoming afternoon sessions. Afternoon clinic begins at about 3pm with more patients, working until 7pm where it is time to head home. The days sound long but Rhys works a 3-day week and has that 3-hour break in the middle of the day.

Rhys became a chiropractor by chance. He left school wanting to be a physiotherapist and went to university to study Physiology, during this undergraduate degree he had an adjustment from a chiropractor and realised that this was something he would like to do. Once he had completed his undergraduate degree he then went on to study to become a chiropractor at WIOC - University of South Wales. This was a 4-year course where he learnt Anatomy and physiology, Biomechanics of the human body, Clinical sciences such as orthopaedics, neurology, radiology, and diagnosis and Professional skills, communication, and patient care alongside hands on clinical practice.

To study chiropractic at university you will typically need 5 GCSEs, including Maths and English and 3 A Levels, with at least 1 science subject. Successful chiropractic students usually demonstrate:

- Strong understanding of how the human body works.
- Empathy and good communication skills.
- Teamworking and interpersonal confidence.
- Attention to detail in both written and verbal work.
- Good decision-making and problem solving.

Once he had completed his master's degree Rhys was a qualified chiropractor. He began working as an associate chiropractor from 2013 for a variety of clinics across the UK. In 2020 Rhys, and his now business partner, Anwen decided it was time to start their own clinic, with the doors opening on Henleaze Road in 2021. They have since had over 2000 clients through the door and now have a team of 4 chiropractors, 3 massage therapists and 3 reception staff, and Pilates and Yoga instructors.

Chiropractic offers a rewarding, people-focused career with opportunities to work in areas such as sports, rehabilitation, pregnancy care, and chronic pain management. The profession also offers flexibility, and graduates can work in clinics, start their own practice, or move into research or teaching roles. Thank you very much to Rhys for his inspiring and informative talk on a career that many may not have heard of before.

COMMUNITY AND ANNOUNCEMENTS



Free online & in person support sessions

Sensory Wellbeing for SEND Families

Online

Tuesday 3rd Feb
7:00PM-8:30PM



Peer Support

Fishponds Old Library
Thursday 5th Feb
9:00AM-11:00AM

Inns Court, BS4
Thursday 5th Feb
10:30AM-12:30PM

Greenway Centre, BS10
Thursday 12th Feb
9:15AM-10:30AM

Let's Talk About Health Visiting & School Nursing

Online

Thursday 5th Feb
7:00PM-9:00PM



Your Neurodiverse Child and Sleep

Online

Tuesday 10th Feb
7:00PM-8:00PM



Scan here for details on these sessions and more



<https://linkbristolparentcarers.org.uk/gethelp>

Peer Support Complex Health Needs

Greenway Centre, BS10

Thursday 12th Feb
11:00AM-12:30PM



Gaming and SEND

Online

Thursday 12th Feb
6:30PM-8:00PM



Peer Support

Online

Tuesday 24th Feb
7:00PM-8:00PM



Developing Your Child's Language Skills

St Anne's House, BS4

Thursday 26th Feb
10:00AM-1:00PM



APPLICATIONS ARE NOW OPEN FOR JUNIOR BAKE OFF

Aged between 9-15 and love to bake?
We'd love to hear from you!

WWW.APPLYFORJUNIORBAKEOFF.CO.UK



APPLICATIONS CLOSE 15TH MARCH 2026