



International
Women's Day

**GIVE
TO GAIN**

#GiveToGain | #IWD2026



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INTERNATIONAL WOMENS DAY

"Give to Gain" is the 2026 International Women's Day campaign theme that highlights how giving support to women leads to collective progress for everyone. It reframes giving not as a loss, but as "intentional multiplication"—the idea that when women thrive, whole communities rise.

I want to shine a spotlight on five incredible young women who have made a remarkable contribution to our school community this year. Kara, Grace, Martha, Daisy and Lorraine took the initiative to organise our first ever Empathy Week - a project grounded in kindness, understanding, and connection. In a world where AI and social media can sometimes create echo chambers and amplify polarised views, the skill of empathy has never been more important. These young women recognised that, and they chose to do something about it. Their vision was simple but powerful - to encourage everyone to step into someone else's shoes, celebrate kindness, and remind our community that empathy is a strength.



The response from students was overwhelming. What started as their idea became a movement - one that showed us all that when you give, you truly gain. As Headteacher, I am incredibly proud, not just of what they created, but of who they are: thoughtful, brave, compassionate young women who saw an opportunity to bring people together and took it. On this International Women's Day, we applaud Kara, Grace, Martha, Daisy and Lorraine. Thank you for leading with heart and showing us the impact young women can have on the world.

Mrs King

Nominations from Staff at BFS

My IWD shout-out is all women who have had to accommodate, shift and adapt because we are women. Whether that's ending careers to step up and care for family members or ending careers to step down because of female related health conditions, women everywhere - here at school, in our homes and all over the world are having to change and compromise because of the physical and societal conditions we encounter. **Ms Griffiths**

INTERNATIONAL WOMENS DAY



I nominate Mr Love, who is Chairman of Southmead FC, Interim Manager of the Women's First Team and coaches the U13 girls. Mr Love works hard to ensure there are equal opportunities for girls in local youth football. **Mr East**

I nominate Mrs Meech for her outstanding dedication to organising school trips. She goes above and beyond to support staff - coordinating transport, preparing all the necessary paperwork, and ensuring every student's medication is carefully managed. She even takes the time to call parents who may need a gentle reminder to sign their children up. Her efficiency, care, and calm approach make every trip run smoothly, and her hard work is truly appreciated. **Miss Hawes**



I nominate Mrs Day! She is so generous with her time and energy and is always thinking of others. If she can help, she will, she goes above and beyond a lot of the time and does 90% of that with a smile on her face. She is my go-to for a silver lining on a bad day, a total winner and legend of a lady. **Mrs Stokes**

I nominate Deputy Head, Mrs Conway. She works so hard - often behind the scenes - solving problems, helping people and making BFS a better place one bit at a time. She is always positive, enthusiastic, kind, patient, interested, generous and - no matter how busy she is - she always seems to have time to listen. I find her inspirational to work with and we are lucky having her within our community at BFS. **Mr Cousins**



I nominate the PE team - they go above and beyond to include girls in sports fixtures when schools have traditionally often focussed on more conventional boys' games. They have a strong offer of inclusion and competitiveness that has given more parity to female sportswomen. **Mr East**

I nominate Mrs King. She is an inspiring leader with an inclusive attitude towards all. Her leadership skills have a positive impact on staff which in turn radiates through to students. Her professional but caring attitude has made BFS a place which is thriving. **Ms Monelle**



I nominate Mrs Veldman and Mrs Duncan - super important cogs in the Sixth Form machine who are always there for a chat or to help me with something, as well as being so generous with the students. **Miss Tovey**

I nominate Miss Kelly and Ms Board for the exceptional dedication and inspiration they bring to our Science Department. Miss Kelly runs Science Club, creating a fun, welcoming space where students are encouraged to explore, experiment, and develop a real passion for the subject. Meanwhile, Miss Board, as our STEM Coordinator, works tirelessly to broaden opportunities, champion equality, and ensure that every student sees a place for themselves in science, technology, engineering, and maths.



I nominate Office Manager, Mrs Eynon, and Reprographics Assistant, Mrs Gilbert. Together they are passionate about period poverty and making sure all young women have access to good health education and necessary hygiene products without fear of embarrassment. They lead and promote Period Health Day every year. **Mr East**



NOTICE BOARD

BFS_Bristol BFS_Enrichment



NEXT WEEK AT BFS

Monday 16 March

Y9/12 BEP Youth Talks Event at Badminton School
Pi Reciting Competition, lunchtime in Maths Dep

Wednesday 18 March

Y12 UoB Chemistry Lab Workshop

Thursday 19 March

Y13 BTEC Results Day, 8.30am in Common Room

Friday 20 March

Y7 Move-a-Mile Event, 8.30-9am, MUGA
Active Travel Ambassador Campaign Junction

QUICK LINKS



Lunch Menu

Extra-Curricular Clubs

Term Dates

Key Dates

Student/Parent Handbook

Past Newsletters

PERIODS

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



Lost Property

We have accumulated a huge amount of unnamed lost property, including coats, blazers, shoes and bottles.

Please ensure all items are named so they can be returned to you. Visit Student Services to claim your items.



Nut-free School



Please be allergy aware

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 issues, we have free period products available, and students are able to bring in painkillers to Student Services with a medication form.

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

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

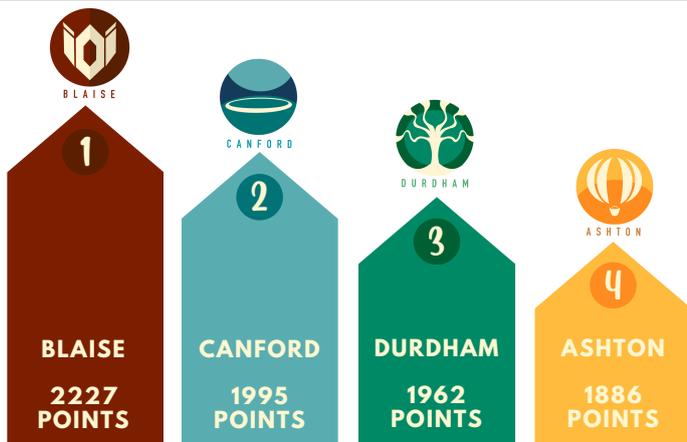
ATTENDANCE



HOUSE NEWS



HOUSE 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	Robert S	Freya B	Jack S, Zahra R	Roisin L-W
Year 8	Willoughby S	Oliver W, Madeleine P	Abigail T	Joseph D
Year 9	Milo D	Naomi H	Aneri P	Kushi K
Year 10	Molly W	Bethan B	Florence P, Morgan S	Joshua B
Year 11	Harvey T, Henry B	Shenise N	Joseph P, Toby G	Andrés H-S
TOP HOUSE POINT EARNER ACROSS YEAR GROUP				
Year 12	Ed C, Ben H-J, Nicholas P			
Year 13	Reuben B, Sophie W, Lorraine H			



HOUSE FRIDAYS



HOUSE FRIDAYS



MR JOHNSON

To celebrate World Book Day, last week's House Friday event was a Book Balancing Race. Students from each House raced down the avenue with books on their heads. It turns out it's harder than it looks - but Canford made it look easy and they took the points! Get ready for lift off because this week it's a Rocket Launching competition as part of British Science Week.

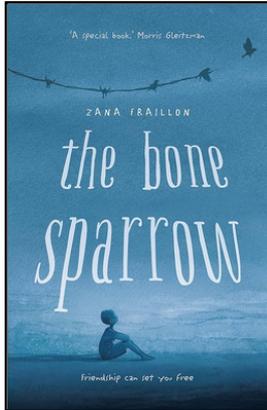




Subject Spotlight English



YEAR 7



In English this term, we have been focusing on *The Bone Sparrow* by Zana Fraillon. It's a novel about a young boy called Subhi who lives in a refugee camp and only sees the outside world through magazines. Even though life in the camp is hard, he still tries to stay positive with his big imagination.

I think that this novel is a great choice; I've never been so interested in a class book and would give my 100% recommendation!

Eliza I, Year 7

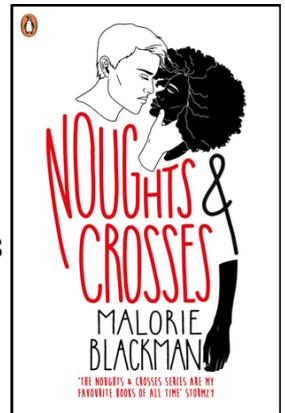
YEAR 8

This term, we have been studying the playscript version of *Noughts and Crosses* by Malorie Blackman and last term we were studying diaries and letters. My favourite part was letters because it was really interesting to read letters from real life and learn about people from history. This term we have been studying *Noughts and Crosses* which is interesting because it is about racism but reversed so white people are being discriminated. This is cool because it gives a new view on racism in the modern society.

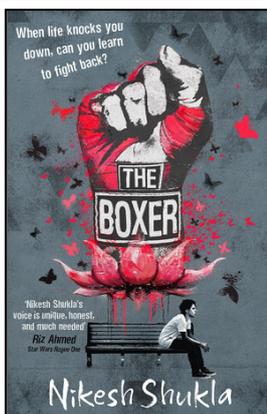
Alys L, Year 8

This term we have been studying memoirs. The best part about it was when we had to write about a book we read or something we have. We also had to write a poem which wasn't based on it, but I turned it into a memoir. A memoir is similar to a memory but is a thing that holds memories like a teddy you got when you were two or a blanket you have that's really old.

Scarlett P, Year 8



YEAR 9



This term, we have been reading a novel called *The Boxer* by Nikeshe Shukla. It's about a young Indian boy called Sunny who learns to box after becoming victim of a racist attack. On top of that, he has to learn without a dad because he is in a hospice with cancer. It's also set in Bristol as Sunny moves here after living in a rougher area of London.

In class, we have been performing class readings, having lively debates, and learning about the history of South Asian immigration. *The Boxer* has been important in teaching me to not let anyone say anything racist to you, that you should always be yourself, and to keep calm.

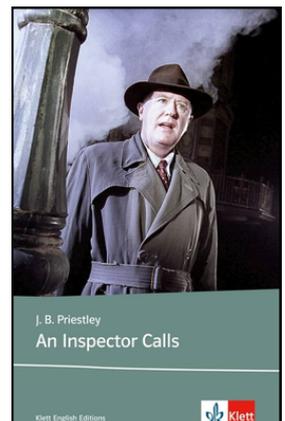
Kushi K, Year 9

YEAR 10

We are currently studying *An Inspector Calls* by JB Priestley; it's a tense investigation into the shame that the Birling family, who risk their pride and respect if news of their faults that led to the suicide of a young Eva Smith, are revealed. We are exploring the guilt of each character, how they respond to the accusations of Inspector Goole, and the contrasting reactions of each character. It is interesting to explore and debate about which character holds the most guilt and why.

In our English Language lessons, we are studying different texts and comparing their similarities and differences using PATT (purpose, audience, tone, text type). They often revolve around the strong opinions of writers – and we've learned about how a writer express themselves passionately, to influence others, or for comedic effect. There's a wide range of different opinions and stories and I enjoy reading about each one, along with our debates on which one is the most entertaining or educational.

Elizabeth C, Year 10



YEAR 10

Fifty-five Year 10 students enjoyed a performance of Macbeth at the Tobacco Factory on a wet Thursday afternoon. The performance was lively, with several breakout dances and impressive conflict scenes with large wooden batons, whilst remaining loyal to Shakespeare's ideas and language. The performances of Macbeth losing his mind throughout the play, and Banquo as a loyal soldier of God, helped students and teachers gain improved knowledge of this GCSE text.

The behaviour and engagement of Year 10 was impressive from start to finish. I know I'm biased but there were three other schools and for my money we were the shining light in terms of audience engagement and decorum. Well done Year 10, you were a credit to the school.



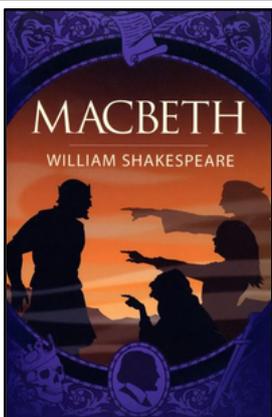
When we arrived at the Tobacco Factory to watch the play, ushers warmly greeted us, setting a welcoming environment. As soon as we entered the theatre, the lights were dim and dark, casting an unsettling environment. Observing my surroundings, the crimson red seats were arranged in a cylindrical fashion - they were quite comfy; it was a relatively smaller theatre than I expected, to my surprise. However, it was definitely perfect and didn't limit the play's potential; it was sufficient to hold up to 3 schools and other members of the public. Centred in the middle, there was a circular stage, and the seats were higher than the stage, giving it the perfect angle to watch the play.

In the beginning, the lights immediately switched off - it was suspenseful. Throughout the play, there were a series of funky dances, and the sound effects were so melodramatic it hooked us in; the actors were so realistic, they sprouted life into the performance. In addition, in the middle of the play, I quite liked the fake blood effect, and how it seemed very real. I was mesmerised by the agility of the actors, the performance was executed exceptionally well, I loved it. Furthermore, when the witches arrived onto the stage, I quite liked the special sound effects, emitting echoes across the whole room. The main lighting colours casting a glow onto the stage were: red in more tense areas; blue in slightly more calmer parts; green in neutral parts; and yellow/white for slightly more jovial sections. Finally, the actors were quite humorous and energetic, creating an enjoyable, yet satisfying experience for the audience.

Since I had never been to a proper theatre until then, I thoroughly enjoyed the experience and I'm sure others did too; it gave me a better insight on Macbeth, prepping me for my GCSEs. Overall, I loved the immersive experience and would certainly recommend it to anyone who is pondering about going; trust me, it will make your jaw drop.

Dhruvika R, Year 10

YEAR 11



The English mock exam period has been extremely useful and positive. Lessons have helped me understand the questions likely to come up and how to write a top mark answer. Through continuous practice of English questions, I am able to enter the exam hall with confidence; I can succeed and know what examiners are looking for.

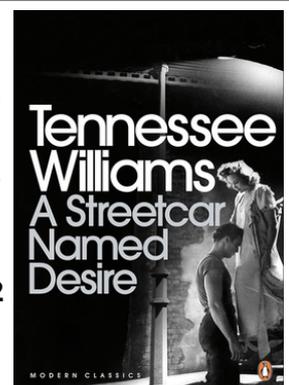
For English Literature, revisiting An Inspector Calls and Macbeth in Mock 2 has highlighted how much I can remember from the texts in Year 10, helping me to practice on aspects I didn't perform as strongly as at the end of Year 10 mocks. Overall, English mocks are significantly less intimidating and stressful due to our retrieval and practice in lessons. This has helped me improve loads with each exam!

Oscar B-R, Year 11

YEAR 12

In English so far, we have been learning about *Frankenstein*, *Never Let Me Go*, *A Streetcar Named Desire* and an anthology of modern poetry. My favourite is *A Streetcar Named Desire* by Tennessee Williams as I enjoy learning about the contexts of the play and why the characters are presented in a certain way. I like learning about plastic theatre - a midpoint between expressionism and realism depicted through props, music and stage design. Mr Gowen and Miss Sayer have been helpful in explaining these new ideas to me and I am excited to learn more.

Ruby F, Year 12





MRS SLADE



MRS CORRIGAN

FOOD TECH

We are proud of our Year 9 students this week as they demonstrated independence during their practical lesson, preparing a main meal tailored to the needs of a chosen sportsman.

This task showcased our school values in action:

Ambition – Students challenged themselves to select and justify recipes that met specific nutritional needs.

Community – They supported one another throughout the practical session, sharing techniques and celebrating each other's progress.

Opportunity – The lesson gave students the chance to develop real-life cooking skills and grow in confidence in the kitchen.

Students chose their own recipes, explained their choices thoughtfully, and then showcased practical skills during this week's double lesson. Their creativity, organisation, and teamwork were wonderful to see.

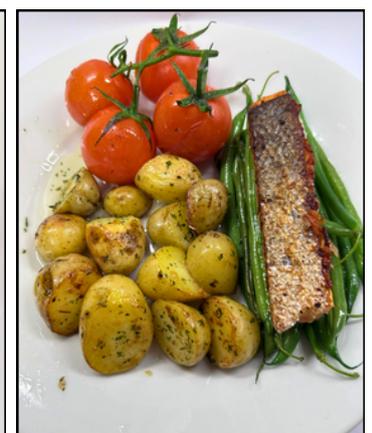
YEAR 9



YEAR 10



Year 10 students have been developing dishes tailored to a range of life stages, considering both nutritional needs and consumer appeal. Working independently, they analysed the requirements of their chosen group, either young children, teenagers, adults or the elderly and older adults and then selected a suitable dish.





Subject Spotlight

Science



MEET THE SCIENCE DEPARTMENT



Mr Hamilton

Studied at: University of Bristol, Zoology
Previous job: Avon Wildlife Trust
Likes: Nature, being outdoors, peace & quiet
Dislikes: Baked beans, cats, noisy chewing
Talk to me about: Wildlife and conservation

Dr Gregson

Studied at: University of York and University of Bristol
Previous jobs: Bartender, Cleaner, Secretary, Lab manager
Likes: Badminton, volleyball, netball, painting, crafting, food
Dislikes: Sprained ankles, small portions
Talk to me about: Nature, niche sport, anything nerdy



D Milstead

Studied at: University of Strathclyde, Mechanical Engineering
Previous job: UN - removing nuclear waste left over from the cold war
Likes: Magic the Gathering, camping, mountains
Dislikes: The heat death of the universe
Talk to me about: Star wars, scouts

Miss Kelly

Studied at: University of Leeds, Geology
Previous jobs: Live science demonstrator, planetarium presenter
Likes: Techno, cooking, dinosaurs, setting things on fire
Dislikes: Unnecessary saxophone solos
Talk to me about: Lord of the Rings, video games



Dr Martin

Studied at: University of Manchester
Previous job: Heath Care Assistant, Dairy Herdsperson, gardener, pot washer
Likes: The environment, punctuality, epic science fiction series, plants, singing, eating
Dislikes: Pollution, tardiness, fake news, bad science, deforestation, white bread
Talk to me about: Chemistry, science fiction, sleep or food

Miss Clorley

Studied at: Keele University, Biochemistry with Philosophy
Previous jobs: Worked in a food microbiology lab as a colony counter and pathogen tester (so I can tell you how gross, or not, your food is!)
Likes: Pink (the colour), eating out, Marmite
Dislikes: Milk on its own, pigeons, wearing a coat when it's raining but it's too hot
Talk to me about: 80's music (rock and pop in particular), Ted Lasso, films





Mr Giles

Studied at: University of Exeter, Human Bioscience
 Previous job: Lifeguard, Ski instructor, Science Communicator for nutrition company
 Likes: Freebies at food festivals, camping gadgets, sandwiches, nice walks
 Dislikes: Inconsiderately smelly lunch items (in public spaces), scary movies with possessed children in them (terrifying)
 Talk to me about: Rugby, hiking, travelling

Miss Hawes

Studied at: University of Birmingham, Biological Science and Education
 Previous jobs: Burger flipper in liberty stadium, curtain seller in Laura Ashley
 Likes: Rowing, tea, beaches
 Dislikes: Coffee, camping
 Talk to me about: Travel, plants and animals



Mr Winner

Studied at: University of Bristol, Chemistry
 Previous job: Forensic Scientist
 Likes: Coffee, The Beatles, things that go bang
 Dislikes: Slow walkers, trying to unroll clingfilm
 Talk to me about: Anything Marvel

Ms Board

Studied at: UWE Bristol, Environmental Science and Sustainability
 Previous experience: Devon and Cornwall Police
 Likes: Feminism, football, chunky shoes, emo, Taylor Swift
 Dislikes: Faffing, flapping, inefficiency, Plymouth Argyle
 Talk to me about: Being a Swiftie, cute dogs, WWE, Formula One

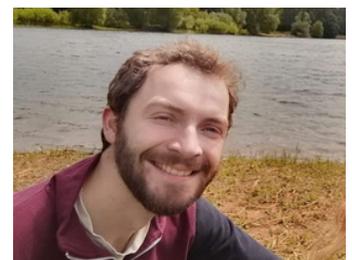


Mr Innes

Studied at: University of Aberdeen, Mechanical Engineering, Subsea Engineering, Oil & Gas Engineering
 Previous jobs: Engineer, Tax Advisor
 Likes: Aberdeen FC, motorsport, cats, guitars, spreadsheets
 Dislikes: Salmon, litter, metric system
 Talk to me about: Duolingo, flags, music, imperial measurements

Mr McCurdy

Studied at: University of Bristol, Engineering Design
 Previous jobs: Site engineer, structural engineer, building services engineer
 Likes: Most sports, video games, spending time with family, potatoes
 Dislikes: Getting up early, hayfever, liquorice
 Talk to me about: Ireland



Mr Fernandes

Studied at: Loughborough University, Biochemistry
 Previous jobs: Record shop clerk, Actuary
 Likes: Long walks on the beach, 15 stripes visible on a BFS tie, timetabling
 Dislikes: Soggy socks, giant water bottles, quiche
 Talk to me about: Warhammer, Area 51, Windows '95

Thirty enthusiastic Year 8 students recently took part in Babcock's inspiring Festival of Engineering, enjoying a hands-on introduction to the world of STEM. Students explored the interior of a nuclear submarine through immersive VR headsets, climbed inside an Army Land Rover used in real operations, and heard engaging talks from professionals working across engineering and technology. They also put their creativity and problem-solving skills to the test by building robots and designing bridges and boats. It was a fantastic day that broadened horizons, sparked curiosity, and showcased the exciting possibilities of future STEM careers.

On the trip I enjoyed learning about the careers in engineering. I learnt how important engineering is to our everyday life.

Mathew J

My favourite thing was using the robotics and learning about them.

Zach O'S

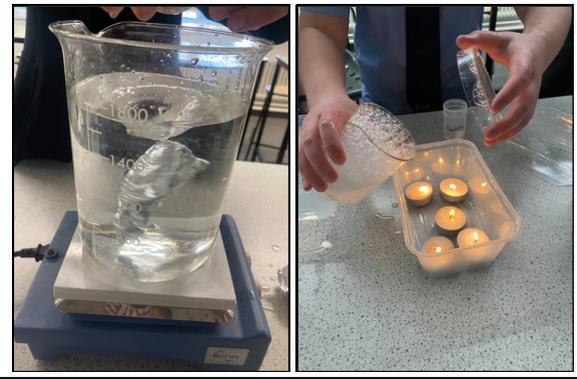


This week, Great Western Air Ambulance Charity came into school to deliver CPR training sessions to our Year 9 students. These sessions supported their PSHE lessons on Healthy Lifestyles, alongside the current Tutor Programme focusing on basic life-saving skills. A Level and GCSE Health and Social Care students also had the opportunity to take part in some of the workshops.

Those who attended engaged exceptionally well with the interactive sessions; everyone had the chance to practise CPR on a mannequin and learnt how to use a defibrillator through practical demonstrations. All students received a certificate for participating and can now share, and use, the invaluable knowledge they learnt to help support someone if they are having a cardiac arrest.



This week in Science Club we explored density. We discovered how trapped air helps huge ships stay afloat, even though they are made of heavy materials. Using this knowledge, we challenged ourselves to design a self-righting boat that can survive a maelstrom (the exciting climax of cinematic masterpiece *Pirates of the Caribbean: At World's End*). To calm down from the excitement, we made a carbon dioxide generator and used the dense gas to displace oxygen and extinguish candles!



As part of their A Level Biology curriculum, Year 12 students recently got the chance to dissect a heart. This practical session was not only an opportunity to deepen their understanding of the cardiovascular system but also a chance to appreciate the intricacies of biological structures firsthand. Equipped with gloves, aprons, dissection kits, and of course, pencil and paper, students set out to dissect their hearts, identify key features and make a biological drawing of what they found.

The chance to handle and cut into a heart was met with mixed reactions! As students sliced through the heart, they identified the four chambers—the left atrium, the right atrium, the left ventricle, and the right ventricle. They traced the path blood takes through the heart and discussed the roles of heart valves in preventing backflow. Having completed the dissection, their attention turned to making an accurate record of what they had seen, and Mr Hamilton was impressed with the standard of biological drawings that were produced.



On Tuesday, our A Level Biology students visited We The Curious to take part in an engaging taste-testing workshop, where they explored genetics by analysing their very own DNA! During the session, students used professional laboratory techniques to carry out PCR tests and investigate genes linked to taste. The trip was enjoyed by the group, and students said that they loved trying new lab skills such as micro pipetting. One student even produced results that, according to the session leader, were the best he had seen in years! It was a great day out, thank you to all the students who came and to everyone who helped out.



INTERNATIONAL WOMEN'S DAY & BRITISH SCIENCE WEEK - SMASHING STEREOTYPES

In a week for super sisterhood, British Science Week has a theme of smashing stereotypes, perfectly timed with International Women's Day! It is very important to us that we encourage and inspire our students to pursue study and careers in whatever vocation they wish, particularly in fields where women and girls are underrepresented like STEM.

**MS BOARD**

There are so many extracurricular ways to be active in STEMism and feminism, helping you to meet likeminded peers and get an idea of what you would love to do in your future. I have been a UN Women UK delegate for the Commission on the Status of Women for the last four years, contributing to workshops, sitting in on online meetings and asking questions of MPs, NGOs and contributors. This is an opportunity anyone over the age of 18 (this means you, Year 13!) can apply for and is a brilliant way to network, communicate and contribute to the cause! IOP's Limitless programme ([Limit Less stories](#)), the RSC's Women in Chemistry profile page ([Women in Chemistry](#)) and the British Science Association Smashing Stereotypes profiles ([Smashing Stereotypes](#)) are great places to look for inspiration, also be sure to take a look back at our newsletter feature from February to read the Science department's 'sheroes'!

Lastly, I wanted to showcase some of our relatable and real life STEMists closer to home, our incredible BFS alumni! I loved working with these former students and am so proud that we have inspired them to pursue their STEM dreams after leaving our school. Meet Aseel, Olivia and Jay for some STEMtastic girl power.

Aseel S - Alum of BFS Sixth Form 2020

Software Engineer

"I was always interested in tech and engineering, but what inspired and motivated me to pursue a career in it was the utter belief my STEM teachers had in me. The all women team of the Comp Science department showed me strong role models in an industry where I didn't see myself before. My Sixth Form tutor Miss Morgan listened to my rambles and guided me with patience and wisdom through both my university and apprenticeships applications. The Art and DT department also who showed me that I can bring my creative side to a STEM career and that the two go hand in hand."

**Olivia G - Alum of BFS Sixth Form 2021**

Quality Control Lab Technician

"I always enjoyed my science lessons in school and so going to study chemistry at university seemed like a natural progression. One standout memory at BFS was being shown the reactivity of alkali metals as they are dropped into water, which was very cool to see. The promise that scientific theory can be used to solve many real-world problems was particularly drawing to me; I was lucky enough to explore this during my final year project all about solar cells!

My favourite part of my degree was definitely the lab practicals, so I looked for a lab-based job after graduating which I was lucky enough to get in the food industry, as a quality control technician for a good company!"

**Jay W - Alum of BFS Sixth Form 2021**

Nuclear Cyber Security Graduate at EDF

I was always drawn to Computer Science at school, particularly the cybersecurity topics, as I'd always been fascinated by computer viruses and how they work. I was the only girl in my A Level Computer Science class, which could feel quite isolating at times. My passion for the subject kept me going, and that interest led me to study Computer Science at university and later complete an MSc in Cybersecurity. I now work in nuclear cyber security, helping to protect the UK's nuclear power stations.

The job has already taken me to some pretty incredible places including walking on top of an active nuclear reactor, which isn't something you expect to do on a typical Tuesday! Looking back, I wouldn't be where I am now if I had dropped Computer Science back in Sixth Form. So, if there's one thing I'd say to future women in STEM, it's don't let being the only girl in the room deter you. Be the change that you want to see!



LIBRARY & READING



MS GRIFFITHS

Virtual School Visit with Nathanael Lessore

Thursday 5th March 2026
10.30am-11.15am



INSPIRING YOUNG READERS AND WRITERS

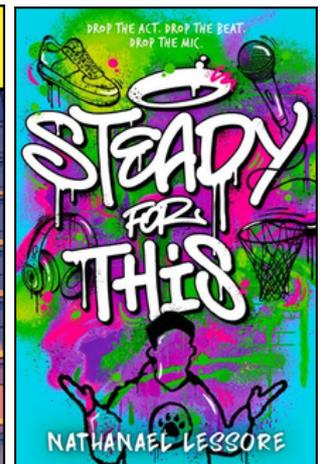
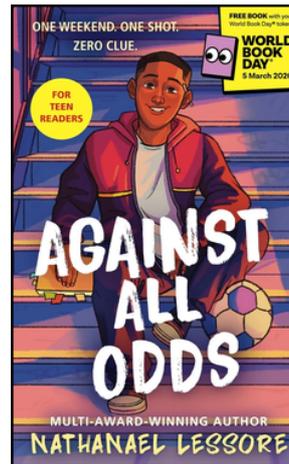
To celebrate World Book Day, a group of Year 7 and Year 8 students had the exciting opportunity to join a live webinar with author Nathanael Lessore, best known for BFS tutor-time read, *Steady For This* and this year's teen WBD read *Against All Odds*. One of the most memorable parts of the webinar was hearing Nathanael talk about the scrapes, mishaps, and

troubles he found himself in as a child and teenager. These moments - funny and chaotic - now feed directly into his writing. Students were fascinated to hear how real-life experiences can become the spark for fictional worlds.

Nathanael even answered two questions from BFS students: How long does it take to write a book? And What would you say to Shaun, the main character from *Steady For This*, if he walked into the room now? His biggest message to young readers and writers is to crack on. If you want to be a writer, just write. Don't wait for the perfect idea or the perfect moment - stories come from trying, experimenting, and exploring your imagination.

Nathanael also shared some eye-opening statistics about the long-term benefits of reading. Did you know children who read more are more likely to travel the world as adults compared to those who read less? And that regular readers are statistically more likely to earn higher salaries in adulthood? These insights reinforced an important message: reading doesn't just help in school - it opens doors, broadens horizons, and shapes futures.

The webinar was a brilliant way for students to celebrate World Book Day and to connect with a real author whose writing is energetic, relatable, and full of heart.



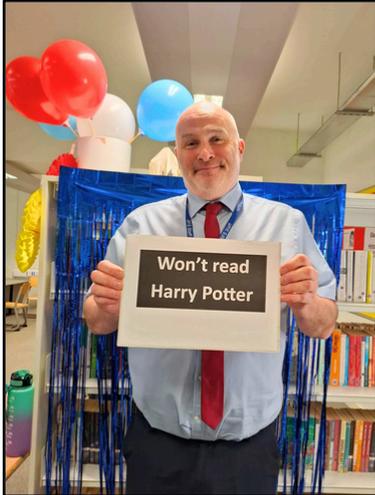
CELEBRATING IN THE BFS LIBRARY

The Library was buzzing with excitement this World Book Day as students came together to celebrate stories, reading, and all the wonderful books that bring our community to life. A huge highlight of the day was the fantastic work of our Journalism Club members, who did an amazing job encouraging students to visit the Library and snapping their reading identity pictures proving that reading is for everyone.



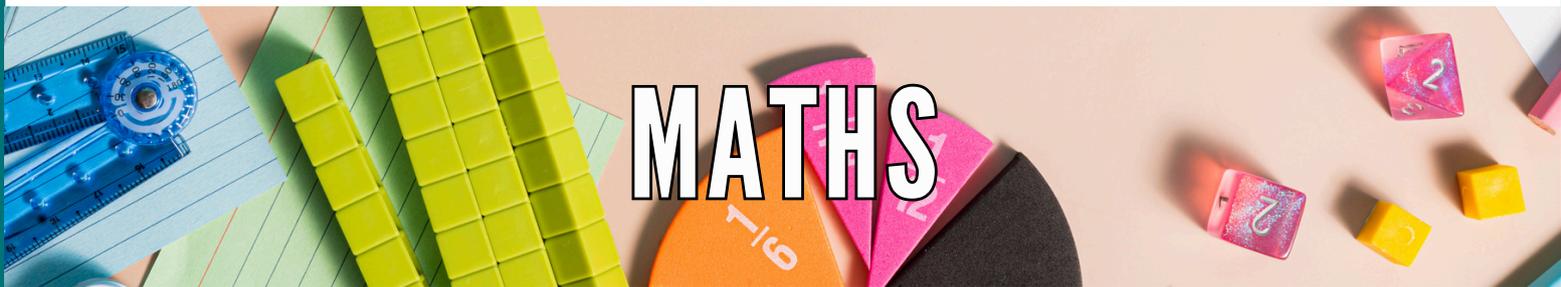
WORLD BOOK DAY 2026

Students also recorded their current reads on colourful labels which were proudly hung on our Reading Recommendation Tree, transforming it into a bright and inspiring collection of books being enjoyed across the school. From fantasy epics to graphic novels and gripping mysteries, the tree quickly filled with brilliant suggestions for others to explore.



Our specially made paper chatterboxes offered even more reading inspiration. Packed with book prompts, genre ideas, and quick recommendations - perfect for students who are not sure what to read next or simply wanted to try something new.

World Book Day 2026 allowed us all a lunchtime full of laughter and shared enthusiasm as students gathered to talk about their favourite books. It was a wonderful moment of connection, where everyone celebrated a shared love of reading and the worlds of amazing stories waiting to be discovered.

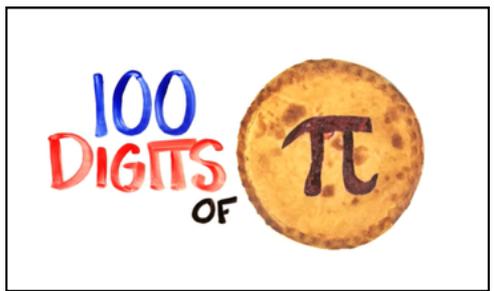


It's pi day on Saturday 14 March - 3/14 if you write the date in American, the first three digits of pi.

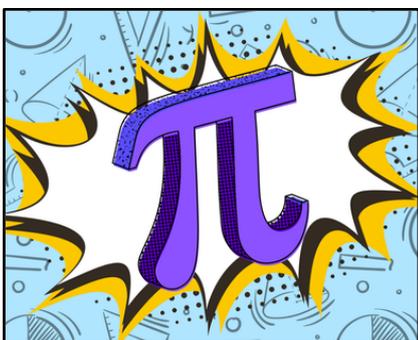
To celebrate this magical and mystical number, we will be holding our annual pi reciting competition in the Maths Department on Monday lunchtime. The competition is very simple; turn up and recite as many decimal places of pi as you can. The competition is open to all years, as well as staff, and there will be a prize for the winner in each year group, as well as house points for anybody who enters.

Use the Pi Song to help you practise over the weekend: [The Pi Song](#)

To find more about this amazing number and what it represents, have a look here: [What is Pi?](#)



π
 3.141592653
 5897932384
 6264338327
 9502884197
 169399375



$$\frac{1}{\pi} = \frac{2\sqrt{2}}{9801} \sum_{k=0}^{\infty} \frac{(4k)!(1103 + 26390k)}{(k!)^4 396^{4k}} \quad \sum_{n=1}^{\infty} \frac{1}{n^2} = \prod_{p \text{ prime}} \frac{p^2}{p^2 - 1}$$

$$\frac{223}{71} < \pi < \frac{22}{7} \quad \pi = \sqrt{12} \sum_{k=0}^{\infty} \frac{(-3)^{-k}}{2k+1} \quad \frac{\pi}{4} = \frac{2}{1} \cdot \frac{2}{3} \cdot \frac{4}{5} \cdot \frac{4}{5} \cdot \frac{6}{7} \cdot \frac{6}{7} \dots$$

$$\frac{\pi}{2} = \prod_{n=1}^{\infty} \frac{(2n)^2}{(2n-1)(2n+1)} \quad \sum_{n=1}^{\infty} \frac{1}{n^2} = \frac{\pi^2}{6}$$



MR LANGEVELDT

BFS SPORTS



BFS_TeamPE



MS URCH

HOCKEY

Last Friday, our U14 girls took part in the 7-a-side hockey tournament hosted at Clifton College. This was an especially exciting fixture as it marked the team's first outing on an outdoor astro pitch with school training taking place indoors.

Across the afternoon, the girls played four competitive matches, showing fantastic spirit, teamwork and determination throughout. They recorded two well-earned draws and two narrow defeats, each lost by just a single goal - a testament to their resilience and growing confidence on the pitch. Our fixtures were against: Redland Green School, Clevedon School, Hayesfield Girls' School and St Katherine's School.

Every player contributed brilliantly, representing BFS with pride, respect and enthusiasm. Their energy and togetherness as a squad were clear to see, and they should be incredibly proud of their performances. Well done to the whole team!



GOLF

Calling all golfers - we have the opportunity to enter the Avon Schools Golf competition on Monday 20 April at Filton Golf Club. If you would be interested to enter this day event please email Ms Ballard or come to the PE office with the following information: handicap (maximum 28 for boys and 36 for girls), WHS number and home golf club.



ENGLISH SCHOOLS GOLF ASSOCIATION

RUGBY



This week, four BFS students were selected to play for Bristol Schools in a match against Stroud district schools. By the final whistle, Stroud had scored 6 tries to Bristol's 3. It had been 4-0 at half-time and Bristol definitely got better as the match progressed. They can be really proud of how they played and it is a great achievement that they were selected amongst a very strong field of boys. Well done to Fin, Charlie, Harrison and Arran for being selected.



UPCOMING FIXTURES

Tuesday 17 March	U16 Girls Football vs Oasis Academy Brislington	Oasis Academy Brislington
Wednesday 18 March	U12 & U14 Girls Football vs St Bede's Catholic College	St Bede's Catholic College
Tuesday 24 March	Y10 Boys Football vs St Mary Redcliffe & Temple School	Coombe Dingle



MRS SMITH

CAREERS



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Join in the conversation and help us if you can.
Work Experience Employer Talks Careers Day



EMPLOYERS TALKS

EXPLORE THE ROLE OF AN OPERATING DEPARTMENT PRACTITIONER (ODP)

This week, students met, Lauren Wilson, an experienced Operating Department Practitioner (ODP) who shared her inspiring journey into healthcare, what the job involves, and why it could be a fantastic career choice for those who enjoy helping others and working in fast paced environments.

Lauren brought along lots of equipment with her to show students. Students were shown several airway masks and learnt how veins are located for cannulation.

Lauren didn't start out in healthcare. When she left school she applied to the navy but found out that she was too short to join, so went on to work with young people in Outdoor Education. Even though she has dyslexia, dyspraxia and dyscalculia, she went on to complete a master's degree - proof that the path to success doesn't have to be perfect or linear. She explained how she manages neurodivergence with tools like diaries, notetaking styles, and support from supervisors. Workplaces and universities now offer much more tailored support than in the past.



What Does an ODP Actually Do? ODPs work in operating theatres and rotate between three key areas:

- **Anaesthetics** - Supporting patients before surgery, preparing equipment, and assisting the anaesthetist.
- **Scrub** - Setting up the theatre, keeping everything sterile, and handing instruments to the surgeon. She spent 10 years in neurosurgery, once standing through a 7-hour operation!
- **Recovery (PACU)** - Monitoring patients as they wake up, managing pain and nausea, and offering reassurance.

The starting salary (Band 5) is around £25,000, with experienced ODPs (Band 6) earning £30,000+. Private hospitals may pay more, but benefits vary. Typical shifts are 7am-5pm, with some on call duties that can be long (up to 19 hours).

ODPs train across all areas before choosing whether to specialise. The qualification is recognised internationally - offering chances to work abroad. To strengthen your application, experience matters. Volunteering, NHS bank work, or roles in similar sectors all help.

There are different routes into the profession depending on what suits you best - University degree in ODP practice or a degree apprenticeship (get hired by an organisation and then apply for the apprenticeship route). Entry requirements usually include GCSEs (A-C), relevant A Levels and 112 UCAS points.

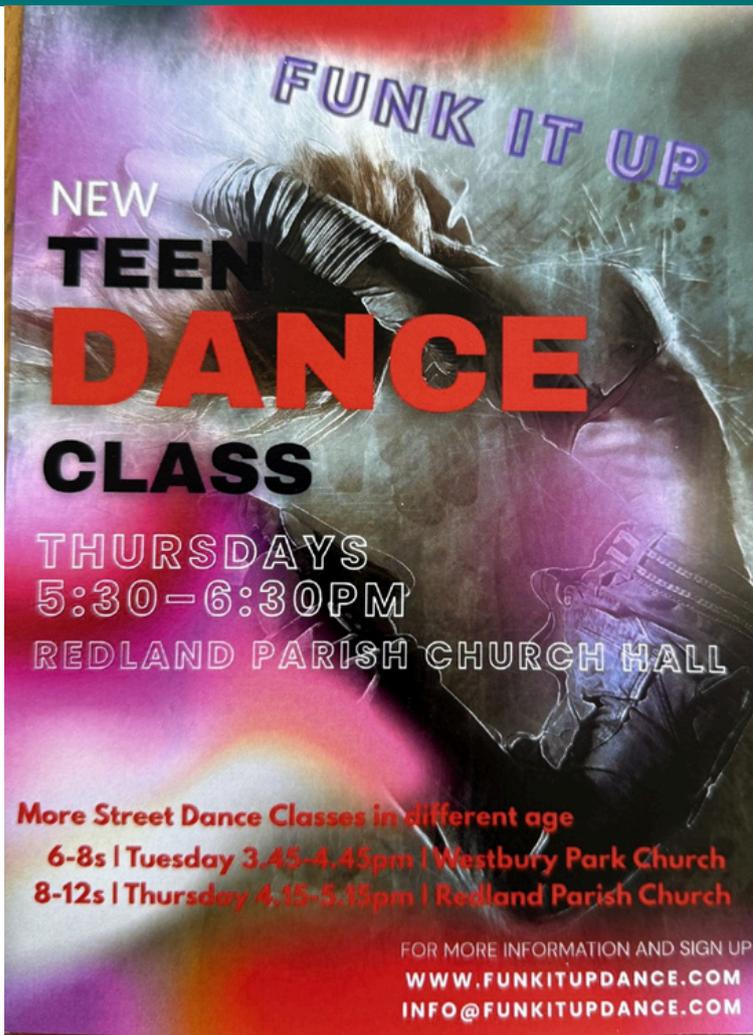
Lauren explained that when applying for university and roles within healthcare it is also important to have extracurricular activities to show things you are interested in. Lauren explained that her experiences wrangling students into climbing harnesses at Camp America help her today to manage surgeons in the operating theatre. When Lauren left school, she wasn't sure on her career path and has tried a few different roles, getting the job in ODP after her mum applied for her, she said that no matter where you start, there is always a way into the NHS and healthcare careers. Thank you again to Lauren for an interesting and interactive talk about her career and experience as an ODP.

COMING UP...

20 March: Bristol Hippodrome
27 March: Pilot
24 April: Ministry of Defence

1 May: Blood Sciences
15 May: Rail Engineering

COMMUNITY AND ANNOUNCEMENTS



FUNK IT UP

NEW TEEN DANCE CLASS

THURSDAYS 5:30-6:30PM

REDLAND PARISH CHURCH HALL

More Street Dance Classes in different age

6-8s | Tuesday 3.45-4.45pm | Westbury Park Church

8-12s | Thursday 4.15-5.15pm | Redland Parish Church

FOR MORE INFORMATION AND SIGN UP
WWW.FUNKITUPDANCE.COM
INFO@FUNKITUPDANCE.COM



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 Apprenticeships in Hairdressing or Barbering



Free online & in person support sessions

<p>An Introduction to Makaton Online Tuesday 3rd March 7PM-9PM</p> 	<p>How to be a Strong Advocate for your Child Online Thursday 5th March 7PM-8:30PM</p> 	<p>Understanding the Health Section of an EHCP Online Monday 9th March 10AM-11:30AM</p> 
<p>Peer Support Online Tuesday 10th March 7PM-8PM</p> 	<p>Scan here for details on these sessions and more</p>  <p>https://linkbristolparentcarers.org.uk/geithelp</p>	<p>Peer Support Greenway Centre Southmead, BS10 Thursday 12th March 9:15AM-10:30AM</p> 
<p>Peer Support Fishponds Old Library Fishponds, BS16 Thursday 19th March 9AM-11AM</p> 	<p>Peer Support Inns Court Knowle, BS4 Thursday 19th March 10:30AM-12:30PM</p> 	<p>Supporting Healthy Relationships Online Thursday 26th March 7PM-8:30PM</p> 



GLOUCESTERSHIRE GROWLERS
Visually Impaired Cricket Team

FREE Training Sessions

Saturday 7th & 21st February
 Saturday 7th & 21st March
 12:30 - 2pm
 Cheltenham Bournside School GL51 3EF



Sign Up Here



<https://forms.office.com/e/rdR5wbeYtj>



For more information contact
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jeanette.tate@gloucestershirecricketfoundation.org
 07432728926