

Newsletter



THE DUKE OF EDINBURGH'S AWARD

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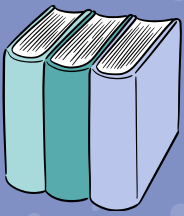
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NOTICE BOARD

BFS_Bristol BFS_Enrichment



NEXT WEEK AT BFS

Monday 1 June - First Day of Term 6

Y11 Summer Exams (until Wednesday 17 June)

Y13 Summer Exams (until Friday 19 June)

Wednesday 3 June

Y10 Geography - River Holford/Harbourside Trip

Thursday 4 June

Y10 Geography - River Holford/Harbourside Trip

Friday 5 June

Y10 Geography - River Holford/Harbourside Trip

House Fridays: Cup Stacking Race

QUICK LINKS

- Lunch Menu
- Extra-Curricular Clubs
- Term Dates
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- Past Newsletters



The School is aware of recent reports from a small number of young people in the local area who have felt uncomfortable after being approached or followed by two men in a van. These incidents have been shared with local policing teams, and we understand that some families have also contacted them directly.

Police are aware of the situation and have increased their monitoring in the area. They have also issued reassurance messages across several platforms. Any further information can be reported to them via:

www.avonandsomerset.police.uk/your-area/henleaze-and-westbury-on-trym.

As always, the School will continue to prioritise the safety and wellbeing of our young people. With the holidays approaching, we would be grateful if families could take the opportunity to reinforce general safety messages—such as staying with friends when out and about, keeping valuables like phones out of obvious view, and letting a trusted adult know about anything that makes them feel uneasy so this can be passed on to the Police if needed.

WE'RE HIRING

Teacher of MFL

Receptionist/Administrator

Attendance Officer



UNIFORM

Monkhouse uniform supplier

15% off all orders online and in-store using code **SAVE15**.

15% Off All Orders

- Start Date: Monday, 18 May
- End Date: Tuesday 26 May

CLUBS

French Club

The first issue of the new BFS Gazette Française produced by French Club can be found at the end of this week's newsletter. Well done to all involved.

SAFETY

ATTENDANCE

ATTENDANCE PERCENTAGES - EVERY DAY COUNTS

As Term 5 ends, please check your child's attendance on the MCAS app. Remember that good attendance is 96% and above. 90% attendance equates to 18 missed days and 108 lessons missed, as well as clubs, trips, events and social time with friends. Miss school, miss out! Recent DfE research has shown that persistently absent pupils in secondary school could earn £10,000 less at age 28 compared to pupils with near-perfect attendance, and that for each additional day of absence between Years 7 to 11, the typical pupil could miss out on an average of £750 in future lifetime earnings. The research has also shown that Year 11 pupils with near-perfect attendance are almost twice as likely to achieve grade 5 in English and Maths GCSE, compared to similar pupils attending 90-95% of the time. In other words, missing just 10 extra days a year reduces the likelihood of achieving these grades by around 50%!



HOUSE NEWS



HOUSE POINTS



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

Well done Durdham!

Top House Point Earners

	Ashton	Blaise	Canford	Durdham
Year 7	Lian K	Finnley P	Jasper P	Finley J
Year 8	Phoebe P	Sophie R	Holly F	Luke E
Year 9	Eleanor W	Flynn A	Rosie B	Joshua H
Year 10	Miranda R	Olivia M	Frank C, Dexter S	Lexi-May B
TOP HOUSE POINT EARNERS ACROSS YEAR GROUP				
Year 12	Theo B, Dani A, Indigo H, Emlyn W			

HOUSE FRIDAYS



HOUSE FRIDAYS



Last week, the C Block courtyard was bouncing - for the House Fridays Table Tennis Tournament. After a few rounds of knockout matches, it came down to an exciting final match between Llewie (Y7 Blaise) and Mr MacBlain (Ashton). Mr MacBlain took the early lead before Llewie almost made a dramatic comeback. In the end, Mr MacBlain came out on top to win it during early lunch. During late lunch, the standard was high from the off with the Sixth Form students battling it out in some competitive games. Josh H (Y9) held his own in the semi-final but eventually lost and it came down to a final game between Theo (Y12 Durdham) and Mr Johnson (Canford). Theo took a convincing win. Well done all!



Next term we will have some World Cup events, outdoor games, and, on the first week back, a Cup Stacking Race. Stay tuned for more!

TERM 6 KEY DATES

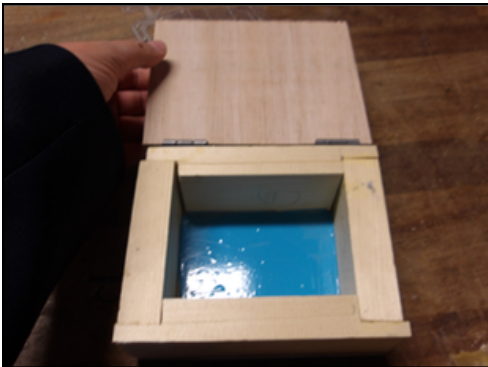
Monday 1 June	First Day of Term 6
Monday 1 June - Wednesday 17 June	Y11 Summer Exam Series
Monday 1 June - Friday 19 June	Y13 Summer Exam Series
Monday 8 June - Friday 19 June	Year 7 Exams
Monday 8 June - Thursday 18 June	Year 12 Exams
Tuesday 9 - Wednesday 10 June	Year 10 Photography Exam
Wednesday 10 & Thursday 11 June	Year 10 Subject Evening
Thursday 11 - Friday 12 June	Year 10 Art Exam
Thursday 18 - Friday 3 July	Year 9 Exams
Thursday 18 - Saturday 20 June	DofE Silver Qualifying & Gold Practice Expedition
Friday 19 June	Sixth Form Transition Day
Monday 22 June	Y9 Vaccinations - HPV
Tuesday 23 June	Year 13 Leavers' Assembly & Ball
Wednesday 24 June	INSET Day - School closed to all students Year 11 Leavers' Assembly & Ball
Monday 29 June	Music and Drama Summer Showcase
Wednesday 1 - Friday 3 July	Y10 Work Experience
Thursday 2 July	GCSE and A Level Art Exhibition Launch
Monday 6 July	Y7-9 STEM Day Y10 & 12 Careers Day
Tuesday 7 July	Sports Day
Wednesday 8 - Friday 10 July	Y7-10 Enrichment Week & Y12 Work Experience
Wednesday 8 - Sunday 12 July	DofE Gold Qualifying Expedition
Thursday 16 July	Annual Awards Evening
Friday 17 July	Last Day of Term 6 (12.30pm finish for students)

Subject Spotlight

Design Technology

DT

In what has been a very short term, Year 7 students have done supremely well to get their designer boxes manufactured. The skills on show have been excellent; we have some really confident crafters in the year group.



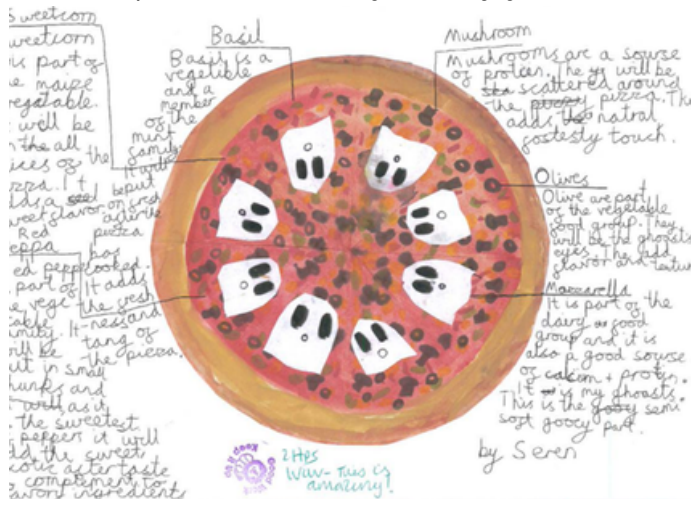
YEAR 7

Food

This term, Year 7 have focused on core food preparation and nutrition skills. They planned and made a healthy salad, learning about carbohydrates and protein as key macronutrients and the importance of including a range of vegetables. Students also made bread rolls, developing an understanding of yeast fermentation and practising accurate weighing, kneading and shaping techniques.



Year 7 students have been busy developing their food skills by creating their own Eatwell pizzas. As part of the project, they carefully selected ingredients to reflect the balance of the Eatwell Guide, considering how to make their pizzas both healthy and enjoyable.



Graphics

Year 7 students are learning about inclusive design and how to respond to real user needs and wants. They are redesigning a tennis racket handle to meet a specific client brief. Below are first-draft plasticine prototypes showing their initial ideas. This week students finished off their project, sharing their ideas with the rest of the group with a Dragon's Den style pitch, presenting their final ideas and prototypes.

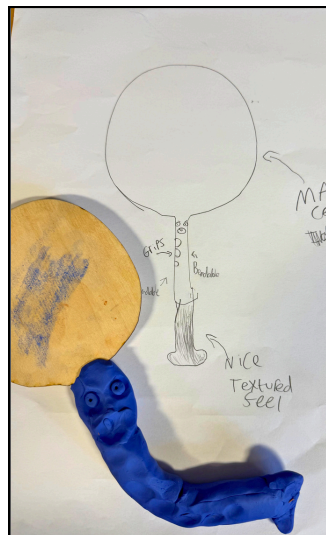
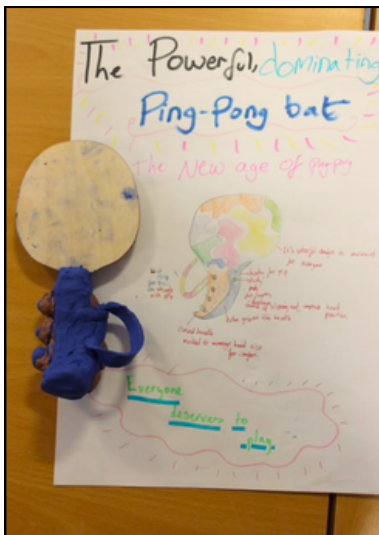
Maud said: It was really fun to get to design your own ideas and to actually prototype it.

Esme said: The hardest thing to solve was to think of something to design to make it actually inclusive.

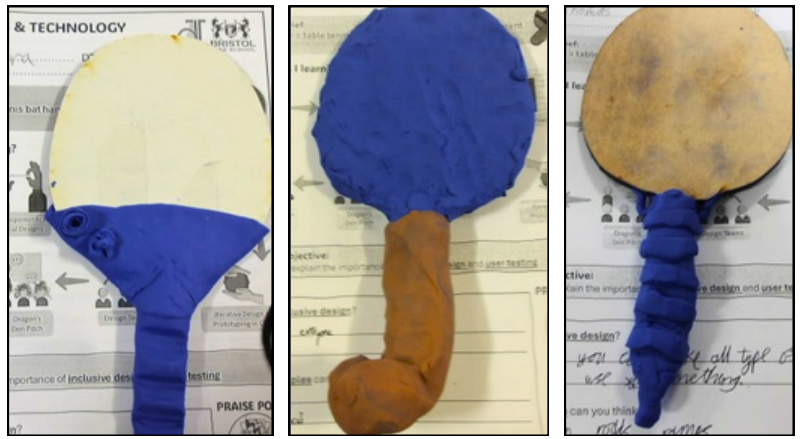
Maysara said: I loved designing it and making it!

Thea and Dollie said: We most enjoyed designing and modelling with the plasticine.

Finn and George said: Loved modelling with the plasticine and making the handle.



YEAR 7



Well done Year 7!

Metalworking

Year 8 have been learning about, and using, metals. The level of skill development has been high. It has been exciting to see so many Year 8 students use lots of skills to make candlestick holders and cast metal keyrings. Well done Year 8 – fantastic work. Great workshop safety and effort by all.



YEAR 8



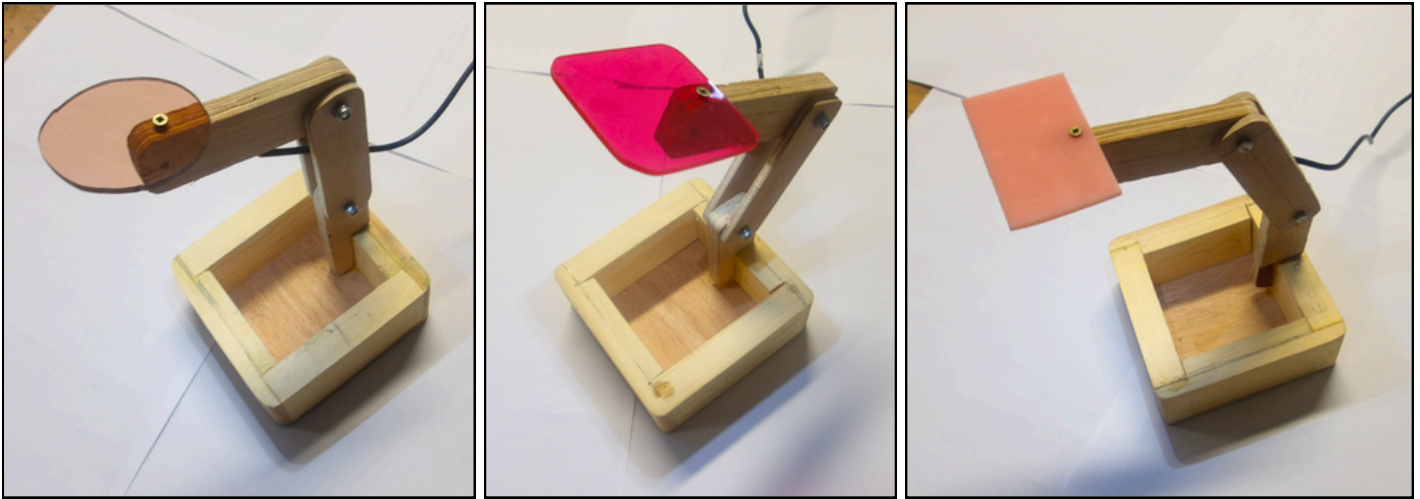
Other Year 8 groups have been busy developing their metal casting and shaping skills to produce a pewter keyring and also having fun testing out each other's steady hand games.



"During DT this year, my favourite rotation has been food tech. The variety of culture and information on balanced diet has really interested me. I also really enjoyed woodwork (workshop) and making a fully functional lamp. My favourite thing about the lamp was wiring the circuit board with a soldering iron. Overall DT this year has been very fun, interesting and exciting." Hugo W

DT

The Year 9 calendar is busy at this time of year, so to see them make lamps with the time available has been remarkable. The level of independent working bodes well for their GCSE options regardless of what they have chosen.

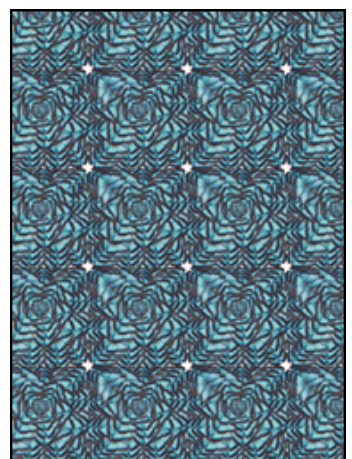
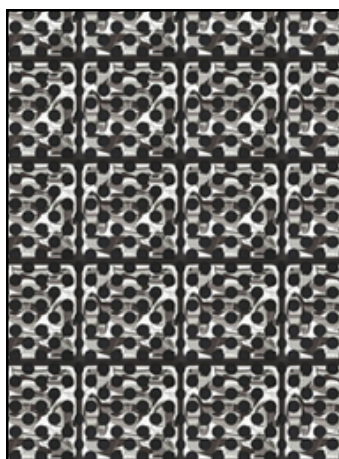
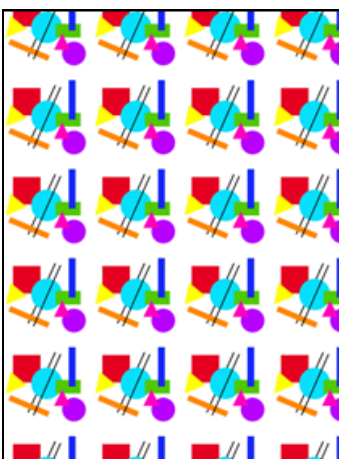


Textiles

Students have been using Computer Aided Design (CAD) to develop fabric patterns based on four designers: Ettore Sottsass, Zaha Hadid, Rei Kawakubo and Alexander McQueen.



"In the past two rotations, we have designed our own fabric in Photoshop, made our own clothing line including our pattern. We then sublimation printed out patterns onto fabric and sewed it into a bucket hat. I really enjoyed using the sewing machine and learning new sewing skills. I also enjoyed exploring digital art techniques while we designed the fabric and it was nice to explore new styles of design". Rosie B



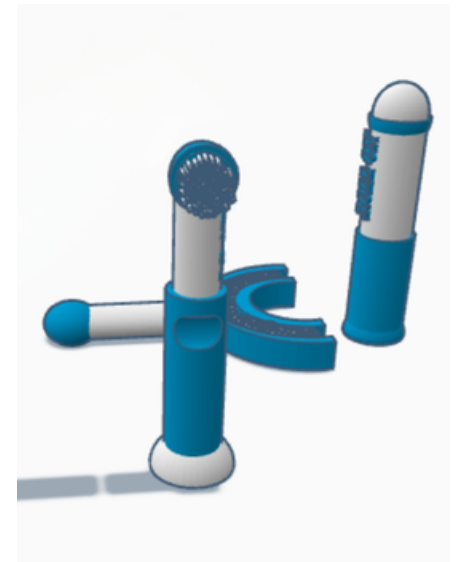
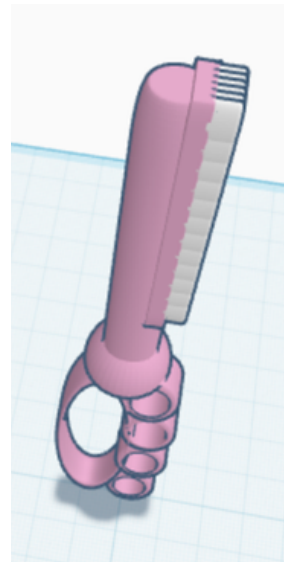
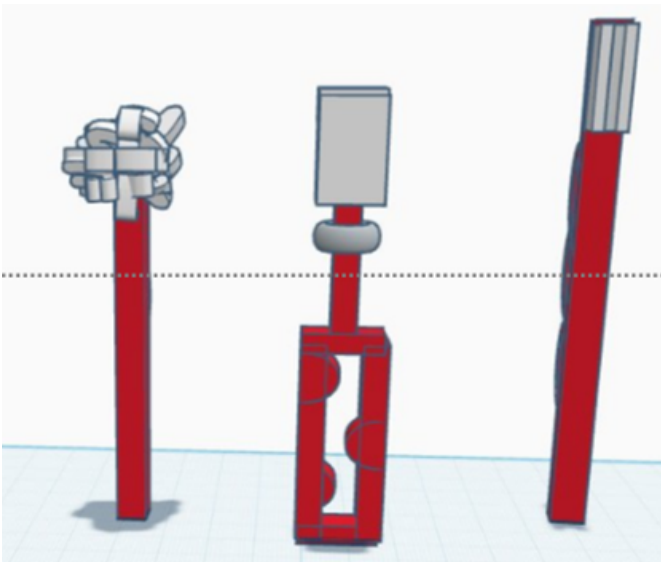
Food

Over the past two weeks, Year 9 students have enjoyed a series of practical lessons making homemade burgers and bread rolls, as well as a rough puff pastry-topped chicken pie. They developed their understanding of the functional properties of eggs, including its use as a binding agent and for glazing, and learned the pastry technique of lamination. Throughout the process, students also practised effective time management and multi-tasking skills.



DT

Year 10 have been extremely busy – exams and preparation for their 50% non-examined assessment. As part of this, they have been investigating inclusive design of toothbrushes using CAD.



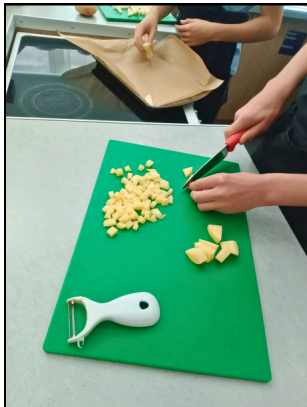


Food

Students in Year 10 have been busy putting their culinary and practical skills to the test with an exciting Potato Challenge—and the results were fantastic! Using a simple set of ingredients—potatoes, milk, seasoning, and oil—students explored three classic potato dishes: chips, rosti, and mashed potato. They followed structured preparation methods, learning essential techniques such as peeling, slicing, grating, boiling, mashing, and baking. Throughout the challenge, students developed a range of key skills:

- Knife safety and food preparation techniques
- Understanding cooking methods such as frying, baking, and boiling
- Timing and organisation
- Presentation and evaluation of their final dishes

Some groups even demonstrated excellent creativity in shaping and presenting their dishes, particularly with piped mashed potato and evenly browned rostis. Well done to the winners Seb and Noah from 10C and Lucie and Chloe from 10B.



Well done Year 10!

YEAR 10

Year 10 students also recently took part in a creative *Tunnock's Teacake Challenge*, focusing on presentation and finishing techniques. They experimented with a variety of methods, including biscuit crumb bases for texture, delicate sugar shards for height and elegance, fruit coulis for colour and flavour contrast, and chocolate work to add both decoration and skill. Well done to the winners Nyah and Amelia (10 B) and Jaiya and Elsa (10C).



Food

Year 11 students revised key food science topics and heat transfer methods through a practical breakfast task, applying knowledge of denaturation, coagulation, the Maillard reaction, dextrinization, and conduction, convection, and radiation.

YEAR 11



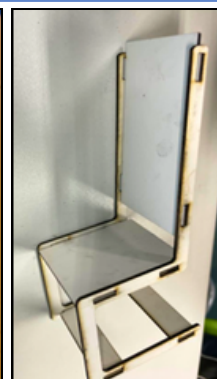
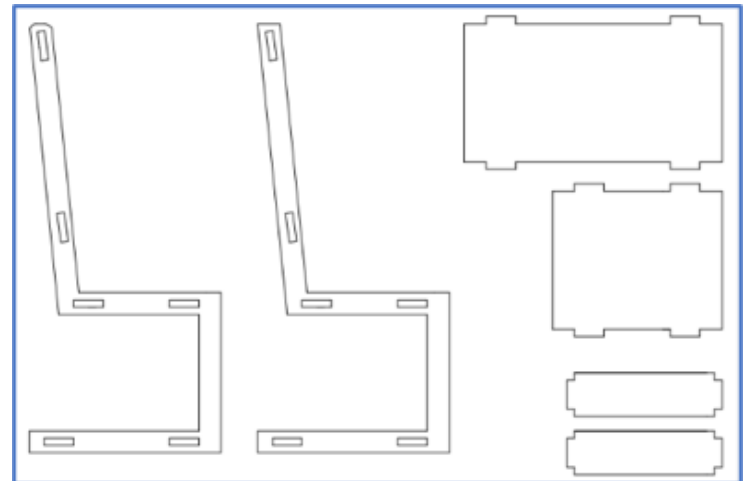
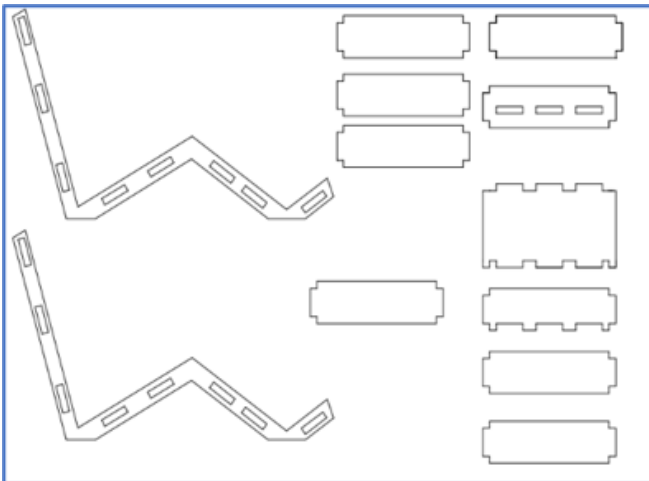
DT

Term 4 saw Year 12 product design students completing another manufacturing project, focusing on metals and upcycling/recycling.

They all had to use the same pivoting arm structure but then showed real flair and creativity when it came to designing their lamp shades and bases, ensuring bases were weighted and arms could pivot. I was so impressed with the results – a real glow-up of items destined for the bin.



After some revision prep, we rounded off Term 5 with a CAD/CAM challenge – scaled flat-pack chairs. CAD skills were developed and the laser cutter was put through its paces.



ENGINEERING CLUB

Formula Greenpower Racing Car – Team BFS Racing

The racing car is ready for Race Day at Castle Combe Racing Circuit on 31 May. The students have worked really hard to get it ready on time over the last few months. There will be 60 teams racing on the day and there is no doubt Team BFS Racing will compete strongly and aim to place in the standings.

Good luck!



FLYING START CHALLENGE

STEM Success at Bristol Aerospace Museum, the Flying Start Challenge Grand Final

A group of our students recently took part in an exciting STEM competition held at the Bristol Aerospace Museum, competing against 20 schools and over 100 students. The challenge saw teams design and build gliders, which were dramatically launched from beneath the iconic Concorde aircraft.

Our students performed brilliantly, achieving a bronze award. In addition to their success, they also won prizes for themselves and secured cash winnings for the school—an excellent reward for their hard work, creativity, and teamwork.

The day also featured a range of engaging engineering challenges. Students designed and constructed a raft using only straw and aluminium foil, carefully testing it to support an ever-increasing load of marbles—an activity our team went on to win. Another challenge involved building a vehicle capable of protecting an egg during impact, encouraging innovative problem-solving and practical design skills.

Overall, the event was a fantastic opportunity for our students to apply their STEM knowledge in real-world contexts, and they represented the school with outstanding enthusiasm and ingenuity.

Well done to Ben, Ollie and Jacob.





Friends of BFS



Friends of Bristol Free School funds £3,500 for new equipment

Basketball hoops, studio lights, pasta makers, graphic novels and pH probes...these are just some of the items our FoBFS fundraising paid for this year!



By supporting school events and other fundraising activities, our volunteers raise money for projects, equipment and experiences for students across the whole school. Whether you attend events, volunteer or sign up for easyfundraising, your support is greatly appreciated.

Thanks to everyone who has signed up to **easyfundraising**, supporting Friends of BFS. If you have not done so already, [please sign up here](#). Once signed up, every time you shop online you will be raising additional funds for BFS.

We would like to continue to replenish the FoBFS funds and carry on supporting our students. Please get in touch at fobfs@bristolfreeschool.org.uk or through any school year's WhatsApp groups to ask to be added to the FoBFS Helpers group to volunteer with us. Don't worry, you wouldn't be expected to help at every event - any time you can spare would be great. We would also like to hear from anyone interested in leading events acting as our easyfundraising champion!

Next school event is the Summer Showcase on Monday 29 June and we are also planning to organise our Annual Quiz Night in October and we are on the hunt for a quiz master. So, if you love quizzing this might be for you! Thank you, FoBFS Committee.

Bristol Free School's

SUMMER SHOWCASE

COMING SOON!

Monday 29 June
4pm and 6.30pm
BFS Drama Hall



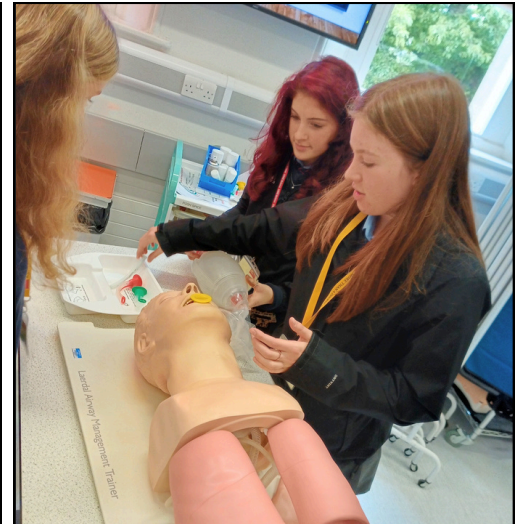
HEALTH AND SOCIAL CARE



MRS MORGAN-JONES

HEALTH AND SOCIAL CARE EXPERIENCE DAY

On Wednesday 19 May, our Year 10 Health and Social Care students took part in an exciting Experience Day at UWE's Glenside Campus. This insightful visit gave students the chance to immerse themselves in a range of hands-on workshops, each designed to bring different healthcare professions to life.



Led by UWE academics and student ambassadors, the sessions offered a dynamic and practical introduction to a variety of career pathways. Highlights included:

- **Nursing:** Students explored the vital roles within nursing, gaining practical experience in safely inserting nasogastric and tracheostomy tubes and learning how to support patients with breathing.
- **Sports Rehabilitation:** Focusing on joint and ligament movement, students not only learned key principles of physical recovery but also designed their own rehabilitation circuits for ankle injuries.
- **Paramedic Science:** This session brought the urgency of emergency care to life, with students practising assessment techniques and critical care responses.
- **Optometry:** Students discovered the complexities of the eye, including its anatomy, the effects of cataracts, and how professionals carry out vision tests such as retinoscopy and colour vision screening.
- **Social Work:** An engaging exploration of the role of a social worker, highlighting the essential skills needed to support individuals and families effectively.
- **Midwifery:** A memorable session where students experienced aspects of childbirth and learned how to care for both newborns and expectant mothers.



Our students demonstrated excellent engagement throughout the day, embracing every opportunity to participate and challenge themselves. These valuable real-world experiences will not only enhance their understanding of their Health and Social Care BTEC but also help shape their future career aspirations. Staff were highly impressed with the enthusiasm and commitment shown by our students, and we look forward to continuing this partnership to support them on their educational and career journeys.

BFS SPORTS

 BFS_TeamPE



MRS BALLARD

SPORTS DAY

Sports Day is held in Term 6 - the day that we all love and have the best time! Where teachers and students alike get into the competitive spirit, cheer on one another and score as many points as possible for their House. Last year, we introduced sports day events into lessons across Years 7-10 and we will be doing the same this year. Everyone gains a point for being in the lesson and participating in the event of shot putt, javelin and long jump, with the top 3 students achieving extra points for their House that will go towards the total on sports day itself. So get ready to bring your competitive spirit to your first PE lesson of Term 6! We cannot wait to see who wins this year!

SUMMER WEATHER

We are hoping the sunshine appears and stays, but we need to be vigilant in PE.

Students must have:

- water bottle, filled before the lesson and brought to the lesson
- Suncream

Students can have:

- baseball cap

Sunglasses are not permitted.

NOTICE

ATHLETICS

If you would like your child to be considered for the Avon Schools Athletics Championships, please email Ms Ballard with the event and personal best/Power of 10 information.

The event is taking place on Saturday 13 June and we are allowed to nominate as many students as possible. The Bristol team will be combined from all schools in Bristol so only the top three times / distances for each age category will be put forward. You will be sent further information if you have been successfully selected.

Deadline for nominations to be emailed to Ms Ballard is Monday 1 June.

This week the rounders teams travelled to a cloudy Blaise High School for the next round of fixtures.

The results were as follows:

Year 7 Lost 16.5-20 POM: Ruby

Year 8 Lost POM fielder: Juliette, POM batter: Emily

Year 9 Lost 26-9.5 POM fielder: Lilia, POM batter: Hannah

Well done to all girls that participated and particularly the girls who played up a year group to help Lilia in the Year 9 team.



ROUNDERS



ROUNDERS



Year 7 and 8 attended St Bede's Catholic College for rounders yesterday, to finally play a fixture in the sun!

Both teams played well and both games ended very close, with Year 8 taking the win by 0.5 of a rounder and Year 7 drawing.

Year 8 POM: Bella

Year 7 POM: Merryn

Year 9 lost to St Bede's Catholic College. They took on board everything from the team talk between the first and second innings. There was some fantastic fielding and great support for each other. The team was mostly made up of Y8 students and all of them represented BFS beautifully. POM for batting was Ella and fielding was Lilia.



ROCKLEAZE RANGERS

Congratulations to Joey J, Joseph G, Charlie L, George P, Zayd M, Seb B, Tom F, Harry C and Charlie N in Year 8 who play for the Rockleaze Rangers Blacks. Their team won the U13s Bristol Youth League Plate Final 2026 against Bishop Road Buccaneers last week. The impressive 5-2 win brings an amazing end to their fantastic season. Well done!



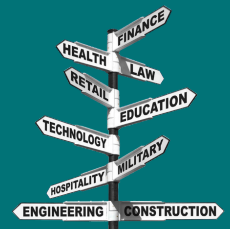
UPCOMING FIXTURES

Wednesday 3 June	Y7 & Y8 Boys Cricket vs Bristol Cathedral Choir School	Failand
Wednesday 3 June	Y7 Girls Cricket Festival	Orchard School
Thursday 4 June	Y7-10 Rounders vs Cotham School	Stoke Lodge
Thursday 4 June	Y9 & Y10 Cricket vs Blaise High School	Blaise High School
Tuesday 7 July	Whole School Sports Day	Shine Sports Ground



MRS SMITH

CAREERS



EMPLOYERS TALKS

VETERINARY SCIENCE

On Friday we welcomed Sara, whose journey into veterinary science shows that career paths are not always planned from the start. Interestingly, Sara did not grow up wanting to be a vet. She simply enjoyed science at school and originally thought about becoming an accountant. Everything changed after a work experience placement (WEX) in a veterinary practice, where she discovered a passion for working with animals.

Sara explained that if you are considering veterinary science, subject choices matter:

- Essential A-Levels: Chemistry and Biology
- Third subject: Can be something you enjoy, and it does not have to relate directly to science

Beyond academics, experience is key. Veterinary schools place huge value on hands-on experience. Sara built her profile early by completing work experience during summer holidays and after school, working part-time in a kennel and on a stud farm; gaining practical animal-handling skills and insight into real veterinary environments. A common misconception is that being a vet is all about animals — in reality, people skills are just as important. Vets must communicate clearly with pet owners, explain complex treatment plans and provide reassurance and guidance. Activities such as: Duke of Edinburgh's Award (DofE), NCS Challenge and Army Cadet Force can help develop teamwork, leadership, and communication skills - all highly valued in applications.

Applying to Vet School

There are currently six veterinary schools in the UK. Sara applied to four, choosing them based on her experiences at open days. Applications require detailed evidence of animal experience and people-focused experience. Having unique experiences can make a real difference. Sara advised - *"Pick somewhere that feels right for you — the campus, the city, and the overall atmosphere really matter."*

Life at Vet School

- A 5-year degree with intensive contact hours
- Ongoing work experience required during Easter and summer holidays
- Opportunity to complete an intercalated degree (extra year of study)

Sara chose to intercalate in Clinical Research (BVSc), gaining valuable skills beyond clinical practice.

Career Paths in Veterinary Science

After graduating, Sara's journey continued to evolve, she spent 6 months in general practice before moving to post-graduate research. Sara then took an internship at the Royal Veterinary College where she undertook her Postgraduate Diploma. Sara then decided to specialise in Anaesthesia and undertook her Residency at The Royal Veterinary College in Anaesthesia and Analgesia. Now her working week includes:

- **2 days** practising as a veterinary anaesthetist
- **3 days** completing a **PhD**

Sara's PhD research focuses on dementia and pain management in Cats. She often adapts human medical equipment for animal use, in both her PhD and her role as an anaesthesiologist. Sara also leads a team, showing how leadership develops as your career progresses. Starting salaries are **£50,000-£70,000**, with specialisation can be **£100,000+**.

Not Sure About Being a Vet?

If you love science but don't want to become a vet, doctor, or dentist — there are **many exciting careers in research**. These roles can involve developing new treatments, working with advanced technology, and translating human medical tools into animal care. A career in veterinary science is challenging but incredibly rewarding — combining science, compassion, and innovation to make a difference for both animals and people.

We once again thank Sara for an informative and interesting talk about her career journey to Veterinary Anaesthesia and PhD Research.

LA GAZETTE FRANÇAISE

Bienvenue to la Gazette française, created by BFS's French Club to bring you francophone news. In this Gazette we share with you: French words used in English and expressions that we find fun, **notre Coin du Fromage** (our cheese corner), **une recette** (a recipe), **notre chanson préférée** (our favourite song) and we will make you discover the city of Toulouse. Bonne lecture! (Good reading!)

Nos expressions françaises favorites with English words:

Have you heard people talking of a **déjà vu**? It comes from the French meaning 'already seen'.

It refers to a feeling of having already experienced a situation. A very weird sensation!

Our favourite expression (we voted) is: **Tomber dans les pommes**. It means (literally) to fall into the apples, but French people use it to say someone fainted. **Aie!** (Ouch!)



Pourquoi tu aimes le français? Members of the French club explain why they chose to study French.

Amelia : C'est plus facile (*easier*) que l'espagnol et c'est mon nom de famille !

Lyla – J'aime la langue ! J'aime aussi le pays (*the country*) et j'aimerais comprendre les gens (*understand people*).

Amy - Je connais déjà (*I already know*) plus le français que l'espagnol. Je trouve aussi ça plus facile (*easier*).

Lyra - Je veux comprendre les gens (*understand people*).

Lizzy – J'adore le français. Oui, oui baguette !

Alice – J'adooooooooore le fromage !

Nic – C'était ma meilleure matière au GCSE. Je parlais déjà italien et ils sont similaires.

Rory - J'aime les pâtisseries françaises. Ma préférée c'est le pain au chocolat !

Ed – J'ai étudié le français de la première à la douzième année et ça ressemble plus à l'anglais que l'espagnol.

La chanson (The song)

Stromae : *Papaoutai*



This song is about Stromae (un chanteur Belge) whose father is physically present but emotionally absent during his childhood. C'est une chanson très émouvante sur la famille. The lyrics are quite sad but the music is catchy. On pense que cette chanson est vraiment géniale et elle a un bon rythme. Stromae is also Nic's favourite singer.

Où est ton papa ?

Dis-moi où est ton papa?

Sans même devoir lui parler

Il sait ce qui ne va pas

Ah, sacré papa

Dis-moi, où es-tu caché?

Ça doit faire au moins mille fois que j'ai

Compté mes doigts

Where is your dad?

Tell me where is your dad?

Without needed to speak to him

He knows what's wrong

Dear daddy

Tell me where you are hiding?

It must have been a hundred times

That I counted on my fingers.

LE COIN DU FROMAGE

Bienvenue, amoureux du fromage de Bristol Free School! Chaque Gazette nous écrivons une critique d'un fromage que vous pouvez acheter au supermarché.

Miam, miam!

The first cheese is Camembert! It is a tasty cheese that you can cook with garlic and thyme for an indulgent flavour!



Ingrédients : 1 camembert, ail (garlic), thym
Preheat the oven to 200°C/180°C fan/Gas 6. Retirez (take out) le fromage de son emballage plastique (plastic packaging) et remplacez-le dans sa boîte (box). Insérez des petites tranches de 1-2 gousses (cloves) d'ail et des brins de thym frais coupés, bruinez (drizzle) avec de l'huile d'olive et cuisinez 10-15 minutes.

Éditeurs: Nicholas P, Ben H-J, Edward C

Journalistes: Lyla E, Lizzie F-V, Amelia F, Rory H, Alice H, Amy O, Lyra W-T

FOCUS on TOULOUSE

Toulouse's nickname is the 'Pink City' (La ville rose) because of the distinctive glow of the pink bricks at sunset. It was founded in the fourth century BC.



Localisée dans le Sud-Ouest de la France, Toulouse est la quatrième ville de France, après Paris, Marseille et Lyon.

It has 511 thousand citizens and over 100,000 students, being home to one of France's best universities. Today, Toulouse hosts the Airbus headquarters.



Toulouse is also the backbone of France's six nations and provides the vital, winning foundation for French Six Nations success: in 2026 Toulouse supplied 11 players out of the 28 in the team to represent France.

Below is a commentary of the finale (in French!). See if you can understand it.

Le tournoi des Six Nations

Finale 48-46 France-Angleterre (14 mars 2026)

Au cours du jeu, on a vu trois essais, neuf transformations et trois pénalités. Le match commence avec l'Angleterre marquant un essai qui est refusé à cause d'un "knock-on". Les Bleus ripostent avec Bielle Biarrey en marquant un essai et en brisant la défense anglaise.

A la 35^{ème} minute l'Angleterre sécurise un point de bonus avec quatre essais et Fin Smith marque un drop dramatique. Le score est 27-17 pour l'Angleterre à la mi-temps.

Cependant, la France inscrit rapidement un triplé, portant le score à 31-27 en faveur des Français. L'ambiance est électrique dans les tribunes. L'Angleterre refuse de baisser les bras. Chessum and Marcus Smith marquent deux tries et le score est 39-38. Trois minutes pour jouer !

L'Angleterre concède une pénalité... Le chronomètre est rouge. Thomas Ramos, le meilleur botteur du jeu, va vers le tee. Le stade est plongé dans le silence lorsque le ballon traverse le terrain et la France décroche la victoire ! Fini pour l'Angleterre !



La cuisine de Toulouse

Toulouse boasts a rich Southwestern French cuisine. One of the most famous dishes is Cassoulet, a slow cooked stew with pork belly, white beans, sausage and duck. Other famous dishes include la saucisse de Toulouse (a high-quality pork sausage), le confit de Canard (preserved duck leg), foie gras (a controversial goose liver pate) and Fénétra pastry (a traditional cake with lemon meringue and apricot) and les Violettes de Toulouse (candied violets which symbolize the city).

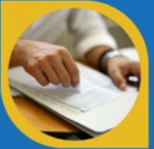


COMMUNITY AND ANNOUNCEMENTS



Free online & in person support sessions

Direct Payments & Personal Budgets
St Anne's, BS4
Wednesday 3rd June
10AM-12PM



Supporting Young People with Tics & Tourette Syndrome
Online
Monday 8th June
7PM-8:30PM



Peer Support
The Old Library Fishponds, BS16
Thursday 11th June
9AM-11AM



Scan here for details on these sessions and more



Peer Support
Greenway Centre, BS10
Thursday 18th June
9:15AM-10:30AM
EBSA Support
11AM-12:30PM



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

Global Majority SEND Community
Junction 3 Library, BS5
Thursday 18th June
10AM-12PM



Peer Support
Inns Court Knowle, BS4
Thursday 25th June
10:30AM-12:30PM



Understanding the EHCP Process
Online
Monday 29th June
7PM-9PM



Support with BSL or any other languages is available, please get in touch; info@bristolparentcarers.org.uk



A Place for Everybody

Learning Disability Week on Gloucester Road



Monday 15th June - Sunday 21st June

A week of events and activities from your local learning disability action group



✉ ella.sendawelcome@gmail.com

☎ 07386 493801



BCYC Presents:

AREA YOUTH FORUM NORTH

Come and discuss issues affecting young people in North Bristol

For young people aged 11-18

Hosted by:



Young Bristol
Works for young people

Working For Young People
SEA MILLS BOYS & GIRLS CLUB
activities - involve - enjoy



THURSDAY
18th June 2026

6.30pm - 8.30pm



Sea Mills Boys & Girls Club
Bluebell Close
Woodleaze
Seamills
BS9 2HX

Meet other young people who care about the same things.



Enjoy pizza while you chat!



Share the issues that matter to you and make your voice heard.



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From 18th May - 26th May