



Weekly Update

**Extra-curricular activities
during week commencing 14
November 2016**

Monday

KS4 Fitness
Classics
Fencing
[Geography of Food \(moved from
Wednesday this week\)](#)

Tuesday

Latin GCSE year 2
Boys' rugby (Year 7)
Girl's football (Y9, 10 & 11)
Boys' basketball (Y8 & 9)
Dressmaking (Y9 & 10)
Photography Club
School Musical
Italian Club
Science Club
Model United Nations
Year 10 Young Enterprise
Grok Quest Challenge

Wednesday

Latin GCSE year 1
Boys' basketball (Y10 & 11)
Boys' rugby (Y8 & 9)
Girl's netball (Y7 & 8)
Orchestra
Folk Band
Outdoor Club
Commercial Dance
Macbeth Rehearsals
French Film Club
Year 12 young Enterprise

Thursday

Boys' rugby (Y10 & 11)
Boys' basketball (Y7)
Cross Country (All Years)
Girls' netball (Y9, 10 & 11)
Textiles Club (Y7 & 8)
Street and Hiphop Dance
Jazz Band
HJunior Jazz Band
Craft Club
Warhammer School Alliance
Flying Start Challenge

Friday

Sports Academy

Words from the Headteacher

This week's newsletter has a Year 11 and Year 12 theme. Yesterday we held our Sixth Form open evening and it was fantastic. Mr Walker and I gave a presentation to assembled parents and students outlining why our Sixth Form here is so special, before giving everyone a chance to talk to current Year 12 students and our brilliant subject staff. The highlight for me was an abstract one, the sense that our current Year 11 are on the precipice of adulthood, ready to grasp their future and make life-changing decisions. They have the minor hurdle of their GCSE exams in the way, but having a sense of what is up next certainly helps sharpen the mind. I am utterly convinced that we are building a truly special institution, one of academic and vocational excellence and that is resolutely student-centred. My hope is that this was evident yesterday, and I look forward to welcoming everyone who wants to be a part of Bristol's newest and best Sixth Form.

Before they get there our internal candidates need to follow the breadcrumb trail that leads to academic success. Next up are the mocks; our Period 7 timetable is pointing in this direction. The [timetable for the exams](#) is on the website. We are currently devising a carefully calibrated revision session timetable; it will replicate the shape of the exam season in June. Preparation is the key to success and we want to normalise the routine and shape of the GCSEs.

This week students are finding out exactly where they with their current progress. They are having tutorial sessions with their tutors to reflect on Term 1 assessments. This includes a clear focus on what they need to improve and how best to prepare for their mock exams. I would like to add that we are extremely proud of our Year 11 students and the relentless hard work they are putting in. They are making genuine strides towards success.

There is one other thing to mention; it was the ever-growing and pulsating extravaganza known as the Year 7 Poetry Performance last Friday. Thank you to parents for coming along to support, it was a super way to round off the first term's work in English at BFS and a celebration of hard work and creativity. Miss Nowak's class won with a sparkling and somnolent rendition of a much-loved Morpurgo poem. Their victory I'm sure had nothing to do with the chocolate cake served up to the salivating judges, mid-performance, and everything to do with the movement and interpretation on display.

Paul Jones



Ping Pong

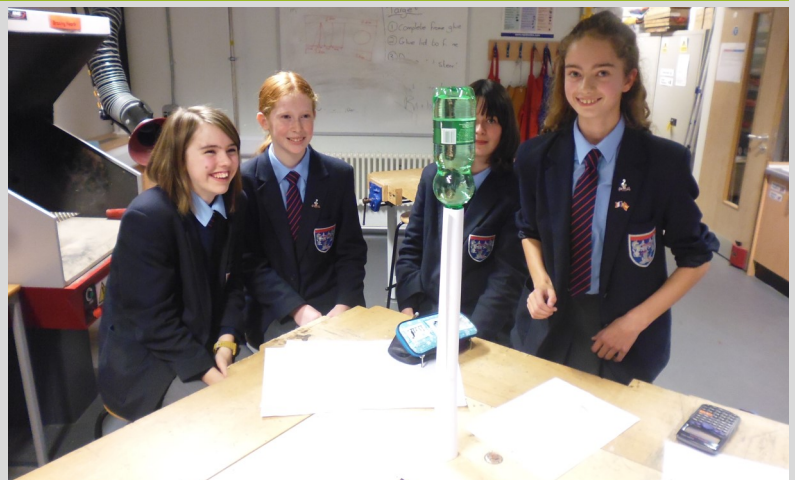
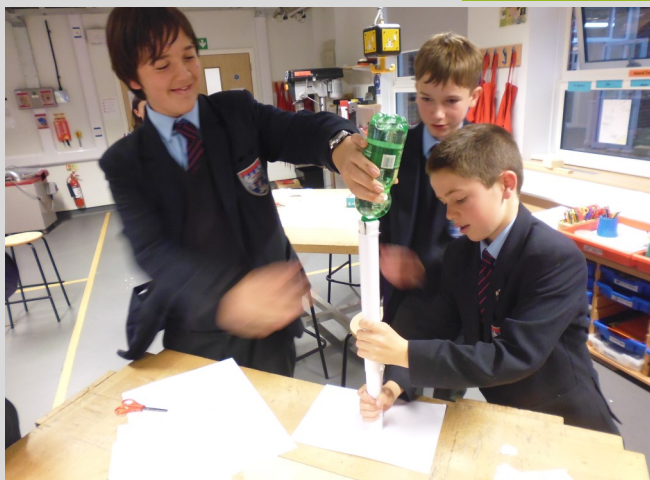
24 hours of Ping Pong has taken place organised with the Pope family in order to raise money for Wallace and Gromit's Grand Appeal. A great fundraising idea for a great cause, there is still time to donate here <https://www.justgiving.com/pingpongathon>

Well done to everyone involved.

Key dates for next week

Please see the calendar at www.bristolfreeschool.org.uk for other important dates

Saturday 12 November	Treble Bass performing at the Old Duke, 4:00pm
Monday 14 November	
Tuesday 15 November	
Wednesday 16 November	
Thursday 17 November	Year 11 meningitis vaccinations Year 9 Subject Evening
Friday 18 November	



A Flying Start

This years Makers' Club got off to a flying start this week with a team of 7 engineers from MBDA working with students to design a water tower. The teams came up with a wide range of designs with a staggering degree of success, ranging from a total loss of £85,000 (is that an epic fail?!) to a whopping profit of £185,000 for an elegant, stable tower which really stood the test of time!

Over the next 10 weeks the teams will learn about the art of flight and, working with the engineers, will design and build a glider to fly in the Concord hanger at Airbus in a competition with other schools. The winning team will win £1000 in engineering resources for the school and get to fly over Somerset in a real glider! There is still space for up to 2 more teams so, if you'd like to take part, just let Mr Keen or Mr Turner know or simply turn up next Tuesday at 3:15pm. *Follow the action @BFS_DT on Twitter.*

Winter PE kit

Now that the winter months are upon us, here is a timely reminder for students about dressing appropriately for and staying warm in PE lessons:

- Trousers** - Plain navy blue (no logos)
- Sweatshirt** - Plain navy blue sports sweatshirt (no logos; not a zipped hooded top)
- Base layer** - Plain navy blue

Half zip sweatshirts for both girls and boys are available to buy in various sizes from Ikon (£20.95) – see picture to the right.

If your child has regularly participated in an extra-curricular sports club this term and represented the school at a fixture they will be eligible to order a personalised BFS sports hoody – letters are available from PE staff.



Follow us on Twitter: @bristol_free



Instagram: @bristol_free_school

Bristol Free School's student guide to Safeguarding

Parents/carers: please read this with your children.

They should also have the BFS 'Keeping you Safe' leaflet.

Bristol Free School is our School and we want it to be a safe place. The adults in Bristol Free School will do everything they can to make sure you are protected and happy. They have training on how to do this. This leaflet is to help you understand what Safeguarding means to you and to help you decide what could be a "problem" and whom you should talk to.

The adults in school think that Safeguarding means that they should:

- Protect you from harm;
- Make sure nothing stops you being healthy or developing properly;
- Make sure you are safely looked after;
- Make sure you have can grow up happy and successful.

They agree that to make sure they look after you they will:

- Make the School a friendly, welcoming and supportive place to spend time in – somewhere you want to be;
- Be there for you to talk to if you need to and know who to ask for help;
- Give messages in your lessons to help you learn how to look after yourself safely online and in the real world;
- Have all the right rules in place to help look after you - they will follow these rules all of the time (these rules are sometimes called policies).

Abuse

This when someone does something to you which is harmful, unpleasant or painful for example:

- If someone deliberately hits you, hurts you, injures you or humiliates you;
- If someone says or does something which makes you feel bad about yourself or hurts your feelings, which makes you feel scared, sad, upset or frightened;
- If someone shouts, threatens, hits or hurts someone you love while you are around which makes you scared, unhappy or worried;
- If someone doesn't take proper care of you so you feel abandoned, lonely or neglected - you might not be able to eat or wash regularly,
- or you might not be able to come to school every day or on time;
- If someone touches you in a way you don't like (like touching your private parts) or makes you look at things which make you feel ashamed, embarrassed, uncomfortable or guilty.

Abuse is never ok and if you are being, or have been, abused you must remember – it is not your fault. You must always tell someone so that action can be taken to help you.

In and Out of School

All of the staff at Bristol Free School will do their best to make sure the building, outside areas and field are safe for you to learn in and spend time in. Bristol Free School staff and those working for Russell Education Trust (RET) will wear lanyards and photo ID cards. Everyone else who visits the will be asked to sign in at reception. You will always know a visitor to the School as they will be wearing a visitors' badge on a lanyard (cord) around their neck. If they aren't – tell a teacher straight away. You may see visitors with a badge that has a purple lanyard on their own around the school but a visitor whose badge has a red lanyard should always be with a member of staff.

Staff will look after you if the fire alarm goes off and you should know what to do and where to go. If you don't, ask your tutor to go through the fire drill routines with you.

When you leave school to go on a trip somewhere, staff will make sure they can keep you safe wherever you are going, but you have a part to play too, by listening to and following instructions from staff and by behaving in a responsible way.

Accidents can happen if you are not careful and you share responsibility for making sure your actions do not cause yourself or others to be at risk.

What we will do

We will do our best to spot if there is a problem - all of the adults in school have had lessons on this;

- We will work with others (including people at home) to help protect you and solve any problems you may have;
- We will listen to you if you want to talk to us and need our help – we will always take you seriously;
- We will support and encourage you and will respect your wishes and views.

In Bristol Free School you can talk to any member of staff, but you should know that there are some staff who are especially responsible for making sure you are safe and well cared for. They may need to talk to someone from the Police or Social Services if they are particularly worried about you but ultimately, you and your safety are our first priority.

It is important that you know....

- It is never your fault if someone is hurting or abusing you;
- There is always someone who can help you;
- If someone is hurting you, they might also be hurting someone else so it is important that you tell someone to make it stop;
- Every child should enjoy their right to a happy and safe childhood.

DO NOT BE SCARED TO TELL SOMEONE STRAIGHT AWAY - WE WILL ALWAYS LISTEN – AND MIGHT NEED TO SHARE WITH OTHER TRUSTED ADULTS TO KEEP YOU SAFE

Tips for keeping yourself safe

Bullying – If you think a student or a grown up is bullying you or someone you know, you must tell your mum or dad, a teacher or someone you can trust as soon as you can. It should not be kept secret. It won't stop unless you tell someone.

Saying odd or strange things to you – If a student or a grown up says something to you, or you hear something you do not like or which upsets you, you must tell your mum or dad, gran or granddad, a teacher or someone you can trust.

Touching you – Your body belongs to you and not to anyone else. This means all of your body. If someone touches you on a part of your body like your bottom, chest or anywhere else you do not like, it is not ok. You must tell your mum or dad, a teacher or someone you can trust as soon as you can.

Hitting, punching or smacking you – If a student or a grown up hits, punches or smacks you or hurts you in any way, you must tell your mum or dad, a teacher or someone you can trust as soon as you can.

Kissing or hugging you - No-one should ask you to keep a kiss or hug secret. You must tell your mum or dad, a teacher or someone you can trust as soon as you can.

Presents – Presents are a good thing to receive, but you should not take a present from anyone without checking with your parents first. Most of the time it will be ok, but sometimes people try to trick children into doing something by giving them presents (like sweets, money or phones). This is sometimes called a bribe. If it does not seem right, tell someone as soon as you can.

Secrets – Secrets such as surprise parties are fun, but some secrets are not good and should not be kept.

On the computer or your phone – Computers and mobile phones help us all to share things and talk to our friends or family, but they can also make it easier for bullies and other people who want to hurt you to get close to you. It is important to know how to keep yourself safe on your computer, your phone and on websites. Bristol Free School has an E-safety Policy which is there to protect you. If you are unhappy with any comments or photographs you've seen on your computer or mobile then you can also contact www.thinkuknow.co.uk as well as adults in school.

People in school who can help you:

- Your tutor
- Your teachers
- Your Year Leader
- Miss Young (*Deputy Designated Safeguarding Lead*)
- Miss Clifford
- Mr Sillince (*Designated Safeguarding Lead*)
- Mr Collis
- Any adult in school

Useful Numbers and Websites where you can find useful info and support

Childline 0800 11 11

www.childline.org.uk

www.thinkuknow.co.uk

<https://www.nspcc.org.uk/>

Approved by: BFS Senior Leadership Team

Senior Leadership Team Lead Reviewer: Mr Sillince

Reviewed Annually

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