



# Weekly Update

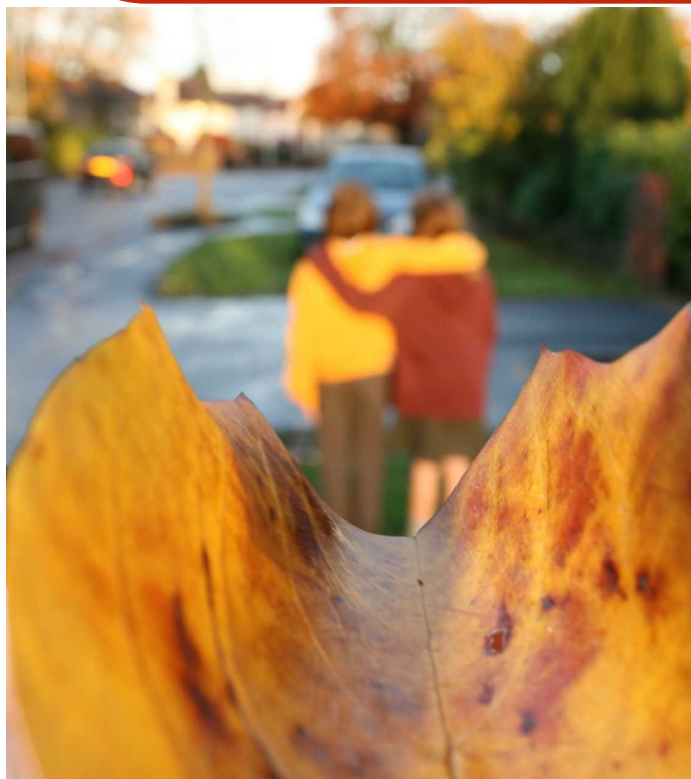
## Message from the Headteacher

The start of the Year 9 journey began last night, with the very well attended Year 9 subject evening. We trialled our new online booking system for attendees. Feedback was very positive about the system so we will continue to use it for future events. Stage two for Year 9 will be Thursday 6 December, when we have the choices evening; at this event students will start to decide their options for GCSE – please put this date in your diary.

A gentle reminder about our safeguarding procedures when you visit the school. Unless it is an open event like a parents' evening or concert, all visitors must arrive at the visitor gate adjacent to the car park and walk straight in to reception, where they must sign in. Under no circumstances can visitors be in any part of the site without a visitor's badge. Visitors are escorted at all times.

I hope you enjoy the wonderful celebration of student work and learning in the newsletter this week; I am inspired by the constant drive and creativity I see in this school on a daily basis!

*Mrs S King  
Headteacher*



## Clubs for Term 1 and 2

Please visit this link <https://goo.gl/YR3qcb> for details of the clubs running until Christmas.

The week commencing 26 November is **Blue Week**.



**Beating Exam Stress**

Year 11 were treated to a trio of guest speakers in their PSHE lesson this week. The speakers were volunteers from the 'Black Dog Project' – a volunteer initiative run by students from the University of Bristol who aim to promote student well-being amongst our young people.



They gave an interactive assembly on the topic of 'exam stress', which encouraged students to think about how they look after their own well-being during exam periods. They shared helpful tips on stress management and how to deal with it.

Students reported they found the tips for staying organised particularly helpful and will be using these as they start their mock exam period this week.

**Swimming and Netball results**

The Bristol Schools' Swimming Association (BSSA) heats took place 2 weeks ago. 26 BFS students from Y7 through to Y11 entered and represented the school with pride. The below students were placed with the following results, and have gone through to the finals which are being held next Thursday at Easton Leisure Centre.

- 4x50m freestyle relay (Dexter Hollick, James Lowe, James Henniker and Max Pope) – 3<sup>rd</sup>.
- 4x50m medley relay (Theo Hester, James Lowe, James Henniker and Max Pope) – 1<sup>st</sup>.
- James Henniker came 1<sup>st</sup> in breast stroke and 3<sup>rd</sup> in freestyle
- Max Pope came 5<sup>th</sup> in breast stroke.
- James Lowe came 3<sup>rd</sup> in back stroke.
- Erin Pemble came 2<sup>nd</sup> in backstroke, 2<sup>nd</sup> in freestyle and 4<sup>th</sup> in butterfly.
- Elen Ruck came 7<sup>th</sup> in freestyle and is reserve for the finals at present.

Special thanks go to Mrs Jenkins and the parents who supported the organisation of the gala.

This Wednesday, the Year 8 netball team attended the North Bristol Netball Festival at Clifton College Sports Ground, finishing in 1st place out of 9. The entire team, consisting of captain Amber H, Megan, Amber G, Georgia, Sophie, Rosie, Grace and Lucy, were outstanding and each of them played exceptionally well throughout their 8 games. The girls won 7 games comfortably against schools such as Cathedral, RGS and Cotham, whilst ending with only one draw against St Bede's. A fantastic number of goals were scored by Amber G, Georgia and Sophie. They were a credit to Bristol Free School and have made themselves and the PE department very proud!



**Rotary Young Chef of the Year winners again!**



Many congratulations to Pippa (left) in Year 8 who won the Club Round of the Rotary Young Chef of the Year Competition. After winning the school heats alongside Alban (right) in Year 11, Tuesday saw BFS host the club competition on behalf of Clifton Rotary Club in which 6 visiting young chefs from QEH, Redmaids' High, St Bede's and Redland Green competed against our budding chefs for a place in the district round in January.

There was heat in the kitchen and after a tense 90 minutes, the young chefs plated up and awaited, with trepidation, the comments from the judges. All agreed it was a tough decision. Alban received some fantastic feedback about the presentation of his lasagne and they loved the rich flavours in his beetroot chocolate brownie. The judges were blown away by the skill, presentation and flavours in Pippa's sushi starter and chicken katsu curry and she was awarded first place and entry into the next round!



We are so proud of both entrants and look forward to cheering Pippa on at the District Competition in the new year. Well done! We would also like to thank Morrison's Cribbs Causeway who very kindly donated prizes for our two school winners and 3 runners up - Emily Warr, Keturah Brown and Holly Davies.

## This week in Science

### Science Club reaches for the stars!

This term in Science Club, we have been working with Astrophysics PhD student Miriam Munoz Saldana from the University of Bristol. Miriam is introducing us to the study of stars and their exoplanets, in particular, the star system WASP 18-B, which she has been studying using the Pic du Midi telescope in the Pyrenees.

So far we have learned about the unbelievable scale of the universe, the life cycle of a star, and this week we flexed our am-dram muscles to perform a play about the processes necessary to form a star. Everyone really embodied the positive spirit of the protons they were portraying, fusing their explosive enthusiasm and buoyant nature to form both Hydrogen and Helium. All the performances were cosmic!



*Science Club modelling the formation of stars*

### Monster Confidence STEMettes trip

Last week saw Year 12 female STEM students visit the offices of Just-Eat in central Bristol. We thought there was no such thing as a free lunch, but it turned out, there was a hearty free breakfast too! The day was organised by the STEMettes (@Stemettes) and sponsored by Monster.co.uk (@Monster\_UK) - the jobs' website, not the energy drink! Throughout the day, the girls heard from a range of inspirational young women working in STEM industries - from the data analyst who models the demand for a Friday-night Chinese takeaway, to the engineer who has the job of maintaining the majestic condition of the SS Great Britain, and avoiding its steady decline into any old iron.

Through a range of activities, including keynote talks, workshops, speed-networking, exhibitions and Q&A panel sessions, the girls were inspired and empowered by the positive messages about the importance of women in all workplaces and STEM careers in particular.

Both staff and students had a monster time (see picture opposite) forming useful links to local businesses and boosting their own confidence and ambitions. Once again BFS continued its award-winning streak with Fiona emerging victorious in the maths challenge:

"I can't believe I won a behind the scenes tour of the SS Great Britain! It will be really cool to see how it works and some of the things the public don't get to see", Pippa commented. "Today was really inspiring and the panel session was very informative about the variety of jobs and careers available in STEM". Anna added "I met so many inspiring people and it's even made me want to learn how to code!"



### Events in the next fortnight

26/11/2018	Y11 & Y13 mocks
27/11/2018	Y11 & Y13 mocks Y7 Boys' Rugby vs Oasis Brightstowe, away at OAB
28/11/2018	Y11 & Y13 mocks Y7 Girls' Netball Festival, at Clifton College Sports Ground Girls' Cross Country Trials at Bristol Grammar School
29/11/2018	Y11 & Y13 mocks Y9/10 Girls' Football Futsal Cup @ Lockleaze
30/11/2018	Y11 & Y13 mocks
01/12/2018	
02/12/2018	
03/12/2018	Y11 & Y13 mocks
04/12/2018	Y11 & Y13 mocks MUN to City Hall; Climate Conference
05/12/2018	Y11 & Y13 mocks
06/12/2018	Y11 & Y13 mocks Y9 Guided Choices Evening
07/12/2018	Y11 & Y13 mocks
08/12/2018	
09/12/2018	

**Save the date!** Christmas Extravaganza, 11 December!  
More details to follow soon...

### Charity Single

It is with excitement that we share with you details of a charity single starring a number of staff, students and parents. The single is to celebrate and support the NHS this Christmas.

The Melody Makers Choir, along with Horfield Primary School Choir, have recorded an original song to raise money for Southmead Hospital Charity, supporting our local hospital and helping to fund improvements in healthcare for tomorrow's generation.



The song, entitled 'We Are The Same Inside', is available for download on iTunes for just 99p. It is also available to stream on Spotify. The video is also available via

[www.southmeadhospitalcharity.org.uk/song](http://www.southmeadhospitalcharity.org.uk/song)

### Art Exhibition at David Lloyd Health Club

Local artist and designer Harshinder Sirah is hosting an exhibition until 2 December at David Lloyd from 10am—4pm.

There are pieces of student work on display too, and 10% of sales are being kindly donated to the SEN department.

### Autumn Art and Photography Competitions

We were overwhelmed with entries from both students and staff, the quality was really top notch! It was clear students had really thrown themselves into the challenge over half term. The winners for both competitions have their work on the front page of this newsletter, with the other results over the following pages.

#### Photography Results

1st place Trinity Foord 9TG2  
2nd Louis Gwilliam 9TG2  
3rd Ollie Lloyd Jones 8TG3

#### Highly commended:

Agata Rohackova 8TG3  
Freddie Hall-O'Mahony 7TG3  
Evie Bush 7TG5

Eventually we decided to award Trinity the first prize. Her image (on the front page) shows a sound understanding of photographic techniques, using a shallow depth of field with a well thought out composition. Louis was awarded second prize for his post-processing skills (lake scene) and Ollie's image was bursting with colour and texture (close-up of leaves).

The highly commended photos were also selected for their individual strengths in representing seasonal colour, portraying striking composition and for their original, creative thought.

#### Art Results

The Art department were delighted by the range of entries for the seasonal Art competition. Prizes will be awarded to the following:

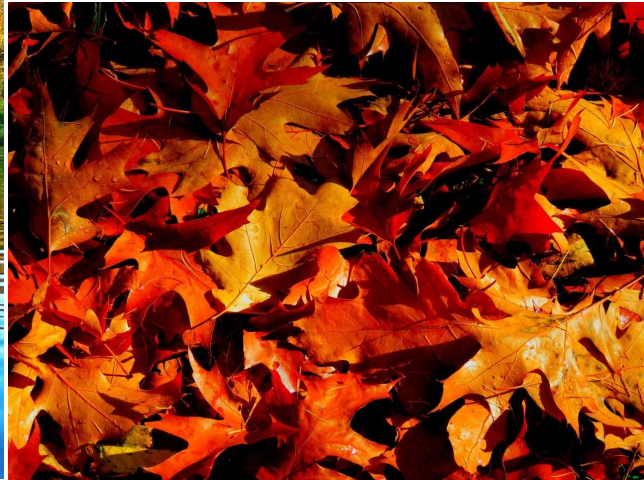
Isobel Aird - first place due to her beautiful composition and delicate application of watercolours.  
Chloe Cook - second with her striking sunset piece and clever use of aerial perspective.  
Casper Goslin - third for his bold silhouetted pumpkins against the rich fiery sky.

Well done too to those who were awarded highly commended for their excellent effort and range of media used.

# Competition Winners!



Lewis Gwilliam—2nd place photography



Ollie Lloyd Jones—3rd place photography



Chloe Cook—2nd place art



Caspar Goslin —3rd place art



Highly commended photography

Top left: Freddie Hall O'Mahony

Bottom left: Agata Rohackova

Below: Evie Bush

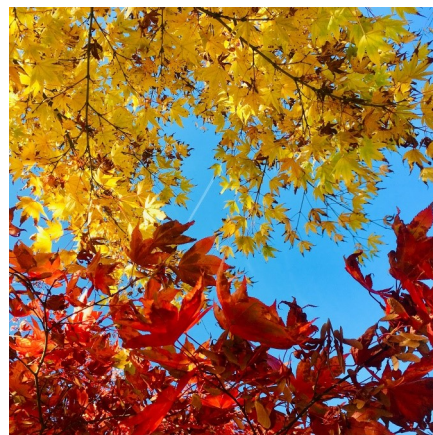


Highly commended art

Top left: Jack Allerton

Bottom left: Pippa Davies

Below: Dario Hauser Saldana



# BFS All Stars Term 1

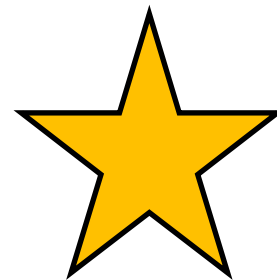
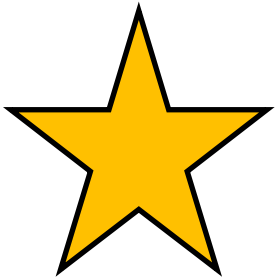


At the end of every term, Mr Truan and the Pastoral Managers collate and celebrate the BFS All Stars.

These are students who complete a whole term with 100% attendance, receive no late marks or behaviour points, and receive at least one achievement point.

Below are the Year 8 All Stars for Term 1. Huge congratulations to all of them, and thank you for starting this year at BFS in such an impressive way. We will share the All Stars from the remaining years in the coming weeks.

## Year 8 All Stars



Lucy	Ashworth	Ben	McIlree
Isabel	Atkins	Megan	McNerney
Samuel	Bartlett	Grace	Minto
Alex	Bennett	Lily	Morrisroe
Lucca	Bernardi	Charlie	Newby
Oliver	Buck	Lucy	Norton
Bradley	Challis	Nathan	Oldfield
Lydia	Chamberlain	Eron	Palini
Evan	Chivers	Erin	Pemble
Brendan	Culley	Ollie	Powell
Emma	Daly	Alessandro	Proietti Bartolucci
Calum	Davies	Katie	Ramsden
Sam	Day	Reggie	Rees
Caleb	Eggleston	Hannah	Ribeiro
Dania	Elnur	Samuel	Rosser
Katy	Evans	Leo	Saunders
Shaniqua	Flack	Georgia	Short
Oliver	Flemming	Devraj	Singh
Luca	Fricker	Charlotte	Stephenson
Amber	Garton	Harrison	Taylor
Jude	Harries-Hicks	Henry	Tierney
Matt	Harris	Diana	Trueman
James	Henniker	Rafi	Uddin
Natasha	Hicks	Kayleigh	Wallace
Darcy	Holden	Noah	Wedge
Cleo	Holmes	Noah	Welchman
Erin	Holmes	Sienna Leigh	Whitehouse
Matthew	House	Lauren	Witherden
Oly	Hullis	Samuel	Wright
Felix	Jordan	William	Wright
Benjamin	Lester		

