

Words from the Headteacher

Dear Parents/Carers

Another week of lockdown, making it now four weeks of school closure. Like many people, I am finding the restrictions of lockdown challenging and really miss the hustle and bustle of being in school every day. I miss the structure of the working school day, seeing students in classrooms learning and happily mixing with their friends at social times. It is easy to take these daily routines for granted, but they form such an important part of our daily lives.

I wish I could reassure you about when schools will start to reopen. It is becoming clear in the news that this pandemic has hit our country very hard and we still are not in a position to go back to 'normal' life anytime soon. We will start to make plans immediately after the government announces its plans for how the country will lift the current lock down. It is likely to be a phased, gradual return to school to ensure we do not undo the progress we have made so far. I will communicate with you as soon as I have more information to share.

So, in the meantime while students find themselves spending lots of time indoors and having a little more time on their hands, we think it is only right to promote the amazing power of reading. Books are one of those age old inventions which provide the reader with a portal into another world; they expose readers to new language, opinions and adventure depending on what you read. So in this newsletter, we have recommended some good books to read and encourage young readers to send in book reviews of any great books they have read in lockdown. Audio books are becoming very popular these days and listening is another way for young people to access books. I recently listened to Stephen Fry's book 'Mythos', which I thoroughly enjoyed and I am sure would appeal to many students who enjoyed him reading the Harry Potter series. Tara Westover's book 'Educated' was also an excellent listen and one I would recommend for older students.

In addition to reading, I will share a short video clip for students next week about the positive impact that journaling or keeping a diary can have on a person's well being, personal organisation and creativity. I will post the film on our school website for you to watch, if you are interested.

Also this week, Year Leaders have been promoting the 2.6 London Marathon challenge that was launched last Sunday to their year groups. We hope students are inspired to get involved in some fund-raising whilst in lockdown. We would love to receive emails with photos telling us about the activities undertaken and the amount of money they have raised.

Next week Mr East, our new Deputy Headteacher, will be introducing himself via film to the students in the tutor programme and assembly slot on SMHW. Mr East has come from Backwell School and I am delighted to have him join the team here at BFS.

In the meantime, I do wish you and your families well and thank you for your continued support whilst school is closed and you deal with the challenges of home schooling.

Mrs S King
Headteacher

New Staff from Easter 2020

Ordinarily new staff would be introduced to students at school. As we are closed, we thought we'd introduce them in the newsletter. Please welcome to the Bristol Free School community:

Teaching Staff:



Mr East
Deputy Head



Ms Sheehan
Head of Chemistry



Ms Kinnersley
Head of Art
(Ms Dawson is staying
for Term 5 to support
handover)



Mr Probert
Maths Teacher

Non-Teaching Staff:

Ms Han – Receptionist/Administrator
Ms Stevens – Receptionist/Administrator

Free School Meal Voucher Update

The Edenred National Voucher system has now been extended to include McColl's and Aldi. There are still many eCodes that have been sent out to our families eligible for Free School Meals which are showing as having not been redeemed, so please do check your inbox and your junk folder for the eCodes.

If you have had difficulty redeeming your eCodes this week, there was a known problem with the website, so please do re-try. Any issues please refer to FAQs here:

[https://www.edenred.co.uk/Documents/DfE/DfE FreeSchoolMeals ParentCarerFAQs.pdf](https://www.edenred.co.uk/Documents/DfE/DfE%20FreeSchoolMeals%20ParentCarerFAQs.pdf)

You can also email freeschoolmealsparentscarers@edenred.com

Free School Meal Eligibility Update

If you think you may now be eligible for Free School Meals following recent changes in circumstances due to Covid-19 please do check your eligibility and apply online via the Bristol City Council website:

www.bristol.gov.uk/schools-learning-early-years/travel-and-free-school-meals

Additionally, during the coronavirus (COVID-19) outbreak, the government are temporarily extending free school meal eligibility to include some children of groups who have no recourse to public funds (NRPF). These groups are:

- children of Zambrano carers
- children of families with no recourse to public funds with a right to remain in the UK on grounds of private and family life under Article 8 of the European Convention on Human Rights
- children of families receiving support under Section 17 of the Children Act 1989 **who are also** subject to a no recourse to public funds restriction

These groups are also subject to a maximum household earnings threshold of £7,400 per annum.

If you have any queries about eligibility, please contact us by emailing admin@bristolfreeschool.org.uk

Careers at Bristol Free School



Our career programme at Bristol Free School is still continuing as best we can on a virtual platform. Years 8-11 have been assigned some career 'distance learning':

Year 8- Careerpilot work- Finding out more about your employability skills

Year 9- Careerpilot work- Finding out more about careers linked to subjects

Year 10- Careerpilot work- Finding out more about your post 16 Options

Year 11- Unifrog work- Introduction to apprenticeships and using Unifrog to log careers and universities of interests

I will stress however that subject work set by their subject teachers needs to take priority. Students can complete the activities in their own time and should hopefully find it enjoyable and worthwhile.

Virtual Career Talks

'Speakers for schools' is an organisation that links schools to a network of inspiring figures that include a range of speakers from CEOs of major companies to notable national journalists, scientists, leading entrepreneurs and academics. Through these times, they are offering an array of virtual talks that are free to watch, which I am sure will be of interest to students and also parents and carers. Please see more information here:

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>

Summer Internships- Live & Online For Ages 15-18

InvestIN will be hosting 'Live & Online' Internships in 10 careers this summer which students aged 15-18 can register for now. The 'Live & Online' Summer Internships provide students with the opportunity to gain crucial multi-day summer work experience with successful professionals in a live, interactive environment all from the comfort of their own homes. Students will be able to work alongside experienced Doctors, Lawyers, Engineers, Investment Bankers, Computer Scientists, Psychologists, United Nations staff, CEOs, Architects and Filmmakers, to gain an immersive, 360-degree experience of their dream profession.

Please see below for more information and how to register for this opportunity:

https://investin.org/collections/live-online-programmes?utm_source=InvestIN+Education+-+Schools+MASTER&utm_campaign=9ede423e19-bankersschoolmar_COPY_01&utm_medium=email&utm_term=0_ea2e31bba1-9ede423e19-136058741&mc_cid=9ede423e19&mc_eid=291ea97f3e

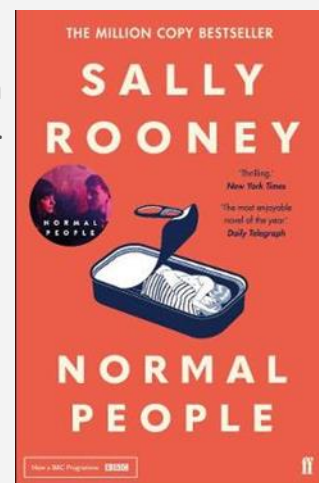
https://docsend.com/view/43an8mm?utm_source=InvestIN+Education+-+Schools+MASTER&utm_campaign=01fc5c79e2-bankersschoolmar_COPY_01&utm_medium=email&utm_term=0_ea2e31bba1-01fc5c79e2-136143609&mc_cid=01fc5c79e2&mc_eid=5f0cf987c1

The Joys (and Benefits) of Reading during Lockdown

Six weeks into lockdown and the novelty has certainly started to wear off for me and my family. I have a daughter in Year 11 who is missing the daily structure of revision and sports activities and a son in Year 9 who is missing his friends. His aim appears to be to complete his schoolwork as quickly as possible so he can then spend time gaming, before being reminded of the need to head outside for his dose of exercise. I thought ignorantly that, as both my husband and I are teachers, home schooling would be easy; but no, trying to support Spanish is beyond our expertise! We certainly do not have much of a routine, but try to ensure our children are keeping well and doing what they need to.

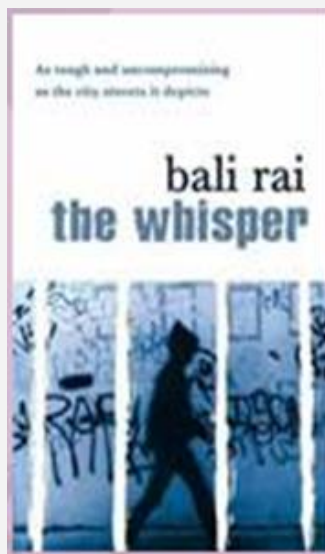


Despite the daily ups and downs, one aspect of having more time is that I have been able to read more. This is a treat, because usually I fall asleep after a couple of pages. I've just finished the fantastic *Normal People* by Sally Rooney - a book that has just been adapted for the BBC. Usually this would have taken me around a month to read, but during lockdown, I have been able to devour it selfishly in under a week and have enjoyed having the time to do this.



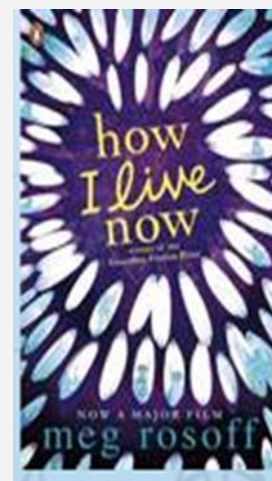
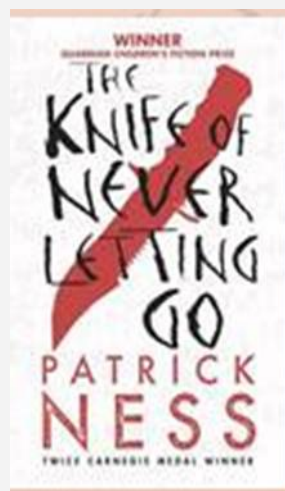
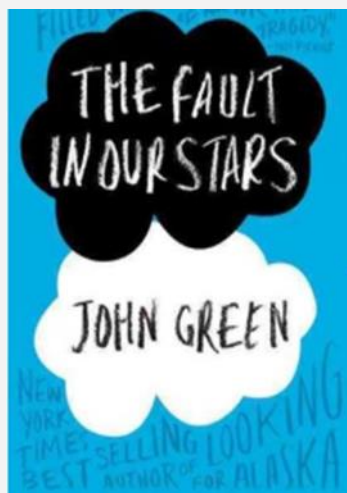
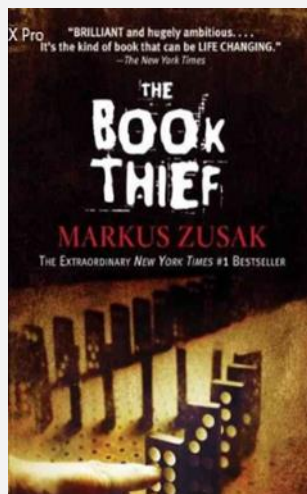
Many of you are possibly struggling to balance working from home and supporting children with schoolwork.

This is where reading for pleasure comes into its own; it's educational and is known to support children in the classroom. It's also something you can discuss together afterwards – 'Who was your favourite character?' 'What did you enjoy most about the book?'



Reading allows you to escape to another world, have some peace and quiet and creates perspective. Some children (my own included) will complain that there isn't anything they want to read, so if that's the case in your house, there are a few suggestions here.

What I would really love to see though, is book recommendations and reviews from our students (and their parents/carers) to include in future newsletters. So, please do send these in.



Book Review by Daniel S Year 8

Evil Star by Anthony Horowitz

It's the second book in the power of 5 series, which is definitely a really good series to read. The central character is Matt, a 14 year old, who discovers he has magical powers and uses them to fight ancient powers awakening after 10,000 years. In the first book of the series he is in Yorkshire with his foster parent Mrs Deverill who is an evil witch. Everyone else in the village are also evil witches. Matt has to work out how to save the world. In this second book, Matt has to go to Peru to fight evil.

It's a really good book, very suspenseful. Every time you have to stop, you wait to carry on because he's such a good author.



Photography Competition

Grounded Photography Competition



Brief:
Due to the COVID-19 virus, people have been asked to stay home and self isolate to keep safe and healthy. As a result, we are encouraging kids and teens to photograph their "grounded" life at home, in isolation. Kids & teens will be encouraged to photograph their daily life through fun weekly challenges, which will inspire them to create dynamic images and learn new skills.

BFS students - would you fancy taking part in this fabulous Photography competition?

Follow this link for more information:

<https://sharpshotsphotoclub.co.uk/photography-competitions/grounded/>

Age: The competition is open to children ages 7-16.

Email Ms Kinnersley if you decide to submit work. We will be following the competition on Instagram - @bfs_art_dept

Opening date: April 20th
Closing date: June 26th 2020

Winners announced: July 6th

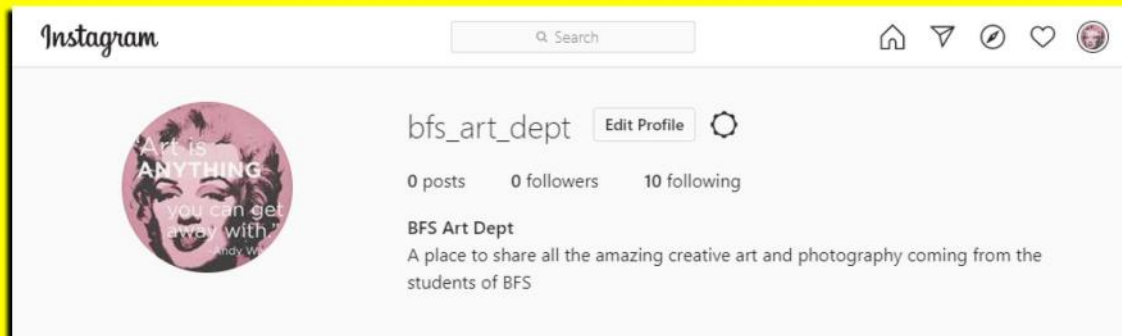
Prizes:

Nikon Cameras

RPS Membership

Sharp Shots Online Courses

BFS Art & Photography Update



We have created a new Instagram page, for all the creative happenings from BFS students.

Please make sure you follow us, as Ms Kinnersley and the Art team want to share all your wonderful art work, being produced at home
 @bfs_art_dept

Year 7

Really Rubbish Art Sculptures

KS3's first remote art project this term has been a cross curricular project with Art and Eco club. This week we have been inundated with some creative and resourceful projects completed independently and as part of a family activity. Here are some brilliant examples across each year group.



Ronan P 7TG5



Isabelle L 7TG7



Dylan M 7TG2



Jasmine S 7TG7



Lamis S 7TG5



Ellen M 7TG2

Year 8

Really Rubbish Art Sculptures



Mia B 8TG2



Alfie R 8TG7



Duana S 8TG7



Lily L 8TG1



Anna S 8TG5

Year 9

Really Rubbish Art Sculptures



Matthew H 9TG6



Eloise R 9TG6



Hannah R 9TG4



Sophie T 9TG6



Lucy A 9TG5



Grace M 9TG4

KS3 Art Drawing challenge

This week we start our new remote learning Art drawing challenge. Already we are seeing some fantastic submissions and look forward to seeing how they build up over the term. Keep up the good work! Stay safe.
Ms Kolkowska

Food Technology

Mack in Year 9 completed a fantastic food project. He planned two difficult dishes where he had to adapt both of them due to lock down. Both dishes, a Kiev and fruit crumble looked professional and the feedback from home is that they were both delicious. Mack included an evaluation where he suggested how they could be further improved. Congratulations Mack!

Chicken Kiev with Roast Vegetables

Method:



Preheat oven fan 180c
 Finely chop the garlic
 Grind in pestle and mortar
 Mix butter and herbs
 Wrap in cling film put in the fridge to firm up (30 mins)
 Chop carrots, new potatoes and radishes
 Coat vegetables in oil, honey, salt and pepper
 Place vegetables on baking sheet
 Beat chicken approx 1cm
 Put half of the butter in the centre of the chicken
 Wrap chicken around butter, completely
 Wrap chicken in cling film tight
 Put in freezer for 30 mins
 Dip each chicken into four, egg and breadcrumbs twice
 shallow fry for 1 min then flip and fry for another minute
 Put on a baking sheet along with the prepared vegetables.
 Bake for 15-20 minutes.

APPLE & BLUEBERRY CRUMBLE

Method

Chop the apples and put in a saucepan with blueberries
 Add demerara sugar, cinnamon and a splash of water
 Allow to simmer until apples are soft
 Drain the juices and put in an oven dish
 Make the crumble by mixing equal butter and sugar followed by double the amount of flour and a hand full of oats
 Put the crumble mix on top of the fruit
 Sprinkle with sugar and bee pollen
 Bake 180c for 20 – 30 minutes until golden.
 Serve with custard
 Enjoy!





FIRE SAFETY IN THE HOME

*Keeping you safe from fire,
while you stay safe at home.*



SMOKE ALARMS

save lives, but only if they're working. You should have **AT LEAST ONE** smoke alarm on every level of your home. You should test your smoke alarms at least monthly.



IN THE KITCHEN...

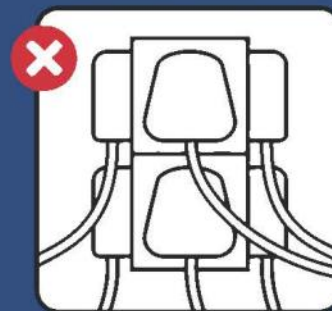
DON'T leave pans unattended while cooking and **NEVER** leave children and pets in the kitchen alone.

Keep cooking areas clear from combustible items like tea towels, oven gloves and food packaging.

Clean your oven and grill regularly. A build up of fat and grease can cause a fire.

Ditch the chip pan.

ONE SOCKET = ONE PLUG



Don't overload your plug sockets. Appliances such as washing machines should have a single plug to themselves as they are high powered.



ELECTRICAL ITEMS

Check your electrical appliances are in good working order. If the wires are damaged or frayed, do not use them.

DON'T leave washing machines, tumble dryers or dishwashers running overnight.

HEATERS should be kept well away from clothes, curtains, furniture and other flammable materials.

NEVER use heaters to dry clothes.

Make sure they're switched off and unplugged before you go to bed.



NFCC
National Fire
Chiefs Council





CANDLES should never be left unattended when lit and should be fully extinguished before you leave the room or go to bed.

Keep candles away from flammable items like curtains, furniture, bedding, clothing or books. Consider using LED battery operated candles instead.

ESCAPE ROUTES

Plan an escape route and make sure everyone in the home knows how to escape.

Keep exits clear from clutter and obstructions.

Keep your door and window keys in a known and accessible place.

Think of a second escape route in case the first one is blocked.

If you have an emergency pendant, make sure you wear it and have it close by at bedtime.



PUT IT OUT - RIGHT OUT



NEVER smoke in bed.

Take extra care if you smoke when tired, taking prescription drugs that make you feel drowsy or have been drinking.

Be sure to use a proper ashtray that can't tip over.

Be careful if you smoke and use emollient creams - they can soak into clothing, bedding and dressings leaving a flammable residue.

**REMEMBER, IN THE EVENT OF A FIRE,
GET OUT, STAY OUT, AND CALL 999.**

If you don't have working smoke alarms, please contact Avon Fire & Rescue Service (not 999) for advice by calling: 0117 926 2061



NFCC
National Fire
Chiefs Council

