

Words from the Headteacher

Dear Parents/Carers

I hope you all enjoyed the very sunny half-term break and took advantage of the easing of the lockdown to spend lots of time outdoors.

The pace of decision-making by the government in the last few weeks, about schools reopening and to whom, has been evolving almost on a daily basis! Planning has been very challenging. Leading the reopening of BFS is a careful balance between making sure staff, students and our wider community are kept safe and COVID-secure, alongside our ambition to open schools for teaching as soon as possible. It is a complex logistical endeavour. We have spent this week risk assessing and carefully planning how Y10 and Y12 students can start to return to school from 15 June. I sent a letter to Y10 parents/carers yesterday and very soon the plans for Y12 will also be finalised and communication will be sent home.

We are disappointed that we cannot yet have our other year groups back and hope they understand the unprecedented circumstances we are still in.

One of the privileges of being a headteacher of a school is working with such a diverse range of young people who will be the next generation of modern Britain. We all should all be so proud of the way our young people have responded to this challenging time.

The work many students are completing whilst at home is very good. I was delighted to receive Mrs Williams' feedback from her English class work on the theme of 'Stranger Times' poetry which support students' reflecting on and writing about their experiences of lockdown. I have included a few of our Year 7 responses to this poetry which are certainly uplifting:

"This poem reminded me that happiness is a choice".

"I think it is important to think about what is good in life when we are feeling low to keep ourselves active and happy."

"I like how this implies that we shouldn't take anything for granted, even something as small as eating an orange."

I also thoroughly enjoyed 'These are the hands' by Michael Rosen because it was very emotional, and again, made me feel overwhelmed with gratitude for the simple things in life.

I am also inspired by the way many of our students have responded to the very sad and distressing chain of events that has resulted from the murder of George Floyd in Minnesota at the hands of the police. This week, I have received emails from older students who really identify with the issues that this terrible incident has highlighted. They, like many of us, really want to know what they can do to show their support and do something to make sure the world that they live in does not repeat the mistakes of the past.

I have included a useful link about discussing the issues of equality and injustice that parents may find useful to support discussions with their children.

<https://www.bbc.co.uk/programmes/articles/7xvLw6Q4qbJbnkzki6xm9Z/how-to-talk-to-your-children-about-race-and-racism>

Our young people and their keen awareness of the need for equality for all sectors of society, are our hope for a fairer and brighter future at this difficult time.

We have a short newsletter this week, but it is still a wonderful showcase of our talented students.

Welcome back to Term 6.

Mrs S King, Headteacher

DT Food Challenge—Posh Beanz

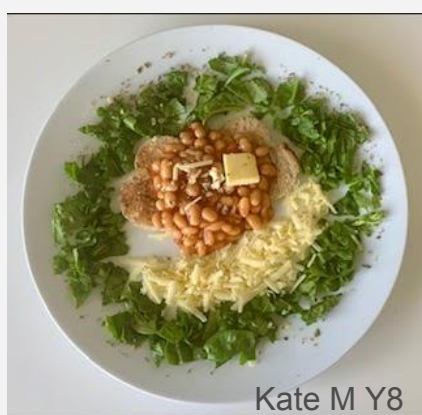
The challenge for DT: Food this week was to present baked beans in a gourmet way by combining ingredients and focusing on professional presentation . Here is a selection of the submissions—tasty!



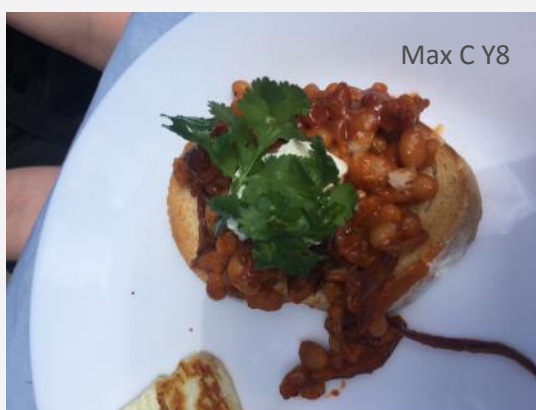
Elliott S Y7



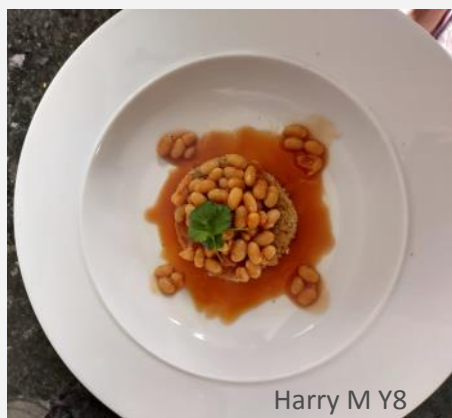
Joe H Y7



Kate M Y8



Max C Y8



Harry M Y8

Impressive Cheffing!

Mrs Ford was incredibly impressed with Rory S in Y9 who took the time to share one of the meals he has been cooking for his family at home - Meatball Marinara Subs! Excellent presentation of final product and feedback from family members was very favourable - we are looking forward to a delivery of our own when it is allowed!

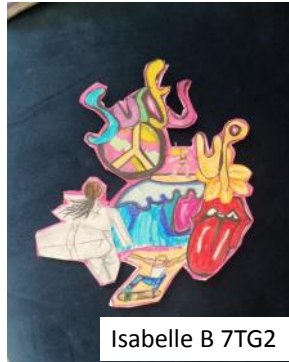


Year 7 & 8 Drawing Challenge Collage

Here is just a small sample of the fantastic collages that **year 7 & 8** have developed using the drawing challenge project in Term 5.



Isabella G 7TG2



Isabelle B 7TG2



Jack 8TG5



Daisy 7TG2



Lyla 8TG4



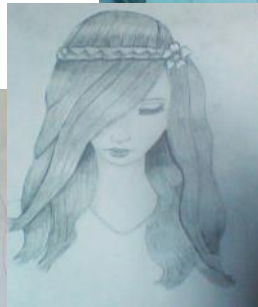
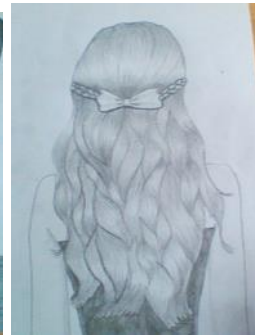
Aran 8TG7

KS3 Artist of the week

A massive well done to Momo in year 7 for using her time in lockdown to build on her drawing skills.

She spent some time over half term looking up Youtube tutorials and practicing.

Just look at the fantastic results:

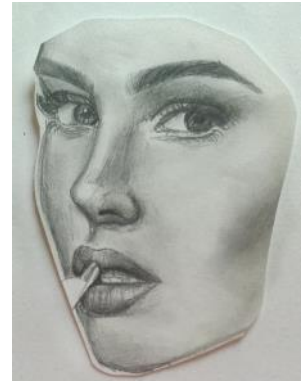


Youtube is a fantastic resource for learning all sorts of artistic skills on top of those you are learning with your remote Art tasks. If you would like to have a go feel free to email me and I can point you to some great videos. Stay safe, stay creative.

Ms Kolkowska





GCSE Artist of the week

A massive well done to **Taylor Yr10**. Taylor is producing some amazing pieces of artwork for her coursework portfolio, focusing mostly on portraiture. **Well done Taylor** – you are a fantastic Artist!



Art Activities with RWA Bristol

FREE Activity Packs on RWA website. <https://shop.rwa.org.uk/collections/children-and-families>

 <p>New! Primary Activity Pack 02</p> <p>June 2020</p> <p>Primary Activity Pack 01 - learn and create at home - for children and families</p>	 <p>New! Secondary Activity Pack 02</p> <p>June 2020</p> <p>Secondary Activity Pack 01 - for those studying Art at secondary school</p>	 <p>Active Art Wall - Take Part Online For Free!</p> <p>2 Apr 20 - 31 July 20</p> <p>Add your drawings to the St Ives themed Art Wall and make this the best looking online RWA Art Wall ever!</p>	 <p>Sculpture Inspired by Travel: Online Workshop</p>
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Events for Children and Families at the RWA, Bristol
Art activities for kids of all ages!
Get creative with painting, drawing and making at the RWA, Bristol's oldest art gallery.

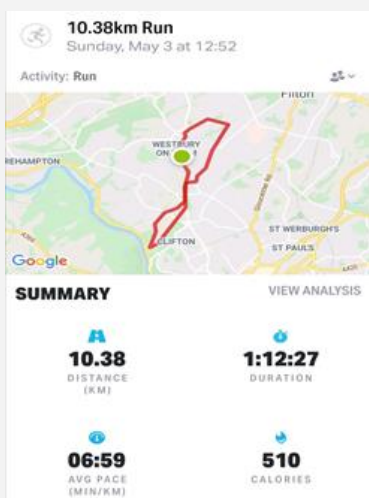
Subscribe to our family newsletter for events, competitions and news straight to your inbox.

<https://shop.rwa.org.uk/collections/alternative-end-of-year-show>

Check out the 'Alternative End of Year Show' where this year's Yr11s and Yr13s got to.

Student Workout Diaries

It is great to see that our KS3 and KS4 students are continuing to keep active whilst at home. A snapshot of student workouts received in the run up half term are shown below. Congratulations and well done to all students for staying active!



Hannah R in Y9 completed her first 10k run.

Date 15/05/2020 - Friday

Workout Bristol Henleaze swim
online land training (WK8 Day 5)

Warm up (skipping high, knees running) + mobility exercises: Cobras, downward dog, spider rotations, squats and

Erin P in Y9 is staying swim fit with swim on-line land training.

Monday 11th May:

Joe Wicks
2 hour workout
Went for a walk

Tuesday 12th May:

Joe Wicks
Workout

Wednesday 13th May:

Joe Wicks
Workout

Thursday 14th May:

Joe Wicks
Gold circuit for pe homework
Workout
Walk

Friday 15th May:

Joe Wicks
Walk
Workout

Sophie S in Y9 is keeping active with Joe Wicks, walks and other workouts.



Wesport Virtual Summer School Games 2020

School Games Schedule

- 1st June: Athletics (Speed Bounce Challenge)
- 8th June: Netball (Around the World Challenge)
- 15th June: Gymnastics (Tuck In, Tuck Out Challenge)
- 22nd June: Tennis (Tap Up Challenge)
- 29th June: Cricket (Catch and Clap Challenge)
- 7th July: School Games Celebration!

Each week we will post a new challenge video on a Monday at 10.00am.

Our Young Leaders will demonstrate the activity and let you know the rules. All you need to do is practice the activity and get a member of your family or teacher to record your results of the challenge and submit your best score by 11.59pm on the Sunday.

We would love to see any pictures or videos of your challenge attempts! Tag us on Social Media @WesportAP #WesportVirtualGames

The virtual challenge is an activity that you can do in your home, yard or garden or at school and gives you the chance to achieve your personal best and take part with other children from across the West of England!

Developed in association with your local School Games Organisers and Young Leaders from Ashton Park School, and supported by our School Games Ambassador- Simran Kaur, Great Britain Para Athlete!



We will be releasing a new challenge each week via our website:
www.wesport.org.uk/active-education/school-games
and on social media @WesportAP



Active Schools Are Stronger Schools



Virtual Summer School Games 2020

In collaboration with our local School Game Organisers we are excited to announce the Virtual Summer School Games launching on 1 June!

For 5 weeks leading up to the original planned Summer Multi-event on the 7 July, Wesport will be launching simple weekly challenges, inclusive for all to take part in. **Please see attached flyer**

The 60 second challenges will be linked to 5 sports: Athletics, Netball, Gymnastics, Tennis and Cricket with local sporting athletes and young leaders demonstrating videos and explaining the rules. Each challenge will be accompanied with a challenge card for download.

- Designed so children can take part at home or at school, with little or no equipment needed (eg. socks instead of a tennis ball).
- Focusing on personal best and the school game values which will be celebrated on 7 July by sharing entries and videos/pictures.
- Videos/ pictures are not a necessity for entry - they are pushing the honesty value for those who choose to just submit a score.
- **Awarding a prize to the most active school!** For every child that takes part (whether at home/at school) our school will be awarded a point.
- This will also be announced as part of the online celebration day on the 7 July.
- Personal Best certificates will be downloadable from the website each week.

Entry is simple. All details can be found on the webpage here (<http://www.wesport.org.uk/active-education/school-games/2020-summer-virtual-school-games/>), along with the terms and conditions.

Parents are asked to enter the child's score by completing the [google form](#) and any videos or pictures of challenges can be sent to schoolgames@wesport.org.uk.

We would love for you to take part so that we can continue to get as many of you engaged with physical activity as possible and be inspired by the sporting stars that will feature throughout.

Please follow Wesport on **@WesportAP** across Instagram, Twitter and Facebook and use **#WesportVirtualGames** and **@YourSchoolGames** for any posts you make.

Thank you everybody and good luck!

WEEK 2 CHALLENGE - (w/c 8 June) - NETBALL

We hope to see you all engaging online

Miss Hammond and the PE Department

Any questions please email e.hammond@bristolfreeschool.org.uk

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& KICKSTART YOUR CAREER TODAY

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- ✓ GET PAID WHILST GAINING VALUABLE EXPERIENCE
- ✓ 30 HOURS WORK PER WEEK FOR 15 MONTHS
- ✓ HEALTH AND SAFETY AND FIRST AID TRAINING
- ✓ EDUCATION PROVIDED ON SITE EVERY WEEK
- ✓ DBS CHECKS

START SEPTEMBER 2020

 **BRISTOL**

TO APPLY, CONTACT RECRUITMENT@MYSHINE.CO.UK



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