

## Words from the Headteacher

Dear Parents/Carers

At long last the school gates have opened and the gradual process of welcoming students back to school begins.

This has been a very positive and uplifting week where all the careful planning, site preparations, staff training and academic reporting have really paid off. Attendance was good and on average 80% of Year 10 and Year 12 students attended their academic mentoring session between Monday and Thursday.

I must thank so many people for making this week so successful. Our site team have been working behind the scenes all over the half term holiday to prepare the school buildings so we meet the government COVID secure guidelines. Our support staff this week have been fantastic wearing high viz jackets and acting as COVID marshals! The Year 10 and Year 11 tutor team who led the academic mentoring were excellent and the English team navigated Year 10 through their first COVID secure lesson skilfully. In the afternoon our Year 12s returned for academic mentoring and they are looking forward to starting A Level lessons next week too. Big smiles all round and the first step in the journey to full school opening.

I am very proud of the contribution the teaching professional has made in this pandemic and I hope some of the negative headlines in the press about teachers blocking school opening are not given any credence.

Over the last week in PSHE lessons and the tutor programme, students have been encouraged to raise their awareness about the Black Lives Matter movement and how Britain and the wider global community can address racism. We wanted to share with you the many insightful, uplifting and hopefully messages from our Sixth Formers through to our younger students. One of the key reasons I love being a teacher is that you have the important role of educating and inspiring the next generation. I often say to students in assemblies that 'You are our hope and you can change society for the better'. I hope you feel inspired by our students' responses to this very important issue in modern Britain today.

Next week we will be taking part in the national Wellbeing Week which is supported by the NHS. Each morning we will post a 5 minute wellbeing message to students promoting one of the five principles of wellbeing. We have decided to give each year group one day off from any remote school work so they can take part in a selection of wellbeing activities. Details of which wellbeing day has been timetabled for each year group and ideas of wellbeing activities will be explained in the Monday assembly posted onto Satchel One (Show My Homework). Please use the national focus to think about the ways you as parents and carers are also looking after your own wellbeing.

Enjoy this week's newsletter and please make sure you watch the video links.

Mrs S King, Headteacher



# BLACK LIVES MATTER



## Parents guide and student responses

We have been impressed with the level of engagement our school community has shown on the BLM issue. The link below takes you to a very thorough parents guide which we would recommend you take the time to read and share with your child. <https://yooopies.co.uk/c/press-releases/blacklivesmatter>

There are a number of recommendations for films to watch and books to read. We look forward to receiving reviews and feedback.



Over a week has passed since Bristol made the headline press for the protests in conjunction with the tragic death of George Floyd in America and the toppling of the statue of Edward Colston. The Black Lives Matters movement has been a symbolic reminder that we must stamp out any racial hatred, discrimination and prejudice. Bristol Free School is committed to supporting our community in opposing racism in all its forms, including upholding anti-racist values. BFS Sixth Form Council members Mya and Stacey wanted to share their views with our school and wider community and we are thrilled that they, and other students across our school, want to work together to ensure this movement and the work surrounding it is promoted and discussed across all year groups.

You can watch their videos [here](#) and [here](#).

**Barack Obama,**  
Former President of the United  
States

IN A RACIST  
SOCIETY, IT IS  
NOT ENOUGH TO  
BE NON-RACIST.  
WE MUST BE  
ANTI-RACIST.

- ANGELA DAVIS

“There is a **change in mindset that's taking place**, a greater recognition, that we can do better [...]this is due to the **mobilisation of young people across the country** who put themselves out on the line to **make a difference.**”



## Student responses to Votes for Schools Black Lives Matter

Last week as part of PSHE / Tutor sessions students responded to the following question:

**Will the recent anti-racism protests lead to change in the US?**

We have been incredibly impressed with the level of engagement from students and staff on this topic and felt it was important to share some of the thoughtful and considered responses.

I don't think that there will be any change if people protest violently, but if they do it peacefully then the government would probably listen to them. So my answer is no because of the people being violent about it. J Year 8

I don't think racism is going disappear for another 50 years or more as progress to stop it is long and gruelling. TD Year 8



I think that the protests, which are taking place, may have some impact as it could lead to stricter laws, which prevent police brutality. For example, there may be laws put in place to ensure that all police officers involved in killing people unjustly or treating people unfairly because of their ethnicity would be prosecuted or a closer observation on interactions.

However, I do not think it will completely solve the problem of systemic racism as this is deeply ingrained in people and they may not even be aware that they hold certain beliefs or that they are benefitting from a completely unjust system.

Systemic racism affects every area of people's lives from healthcare to education to the justice system, and although awareness is, being raised about these issues people may not be prepared for a complete upheaval of their lives, as this may be what is necessary to completely abolish racism. IH Year 10

Yes, I think it will change. JL Year 10

Privilege is someone having a foot up in something because of something out of their control, not by something they've worked for. JP Year 10

Me and my family have been speaking about these issues for a while now and I'm sure we will continue to do so. CE Year 9

I think it will lead to change because lots of people are taking a stand, and they are realising how much racism still occurs, and how much change is needed. However, I think lots more people would attend protests if coronavirus wasn't around. I really hope that it will lead to change, because we can't go on like this. SS Year 9

I'm going to follow suit with most of the comments here as I have something to say about this issue. Please be warned that some of my opinions may seem disagreeable to others as - much like many others - I am white and therefore can only hear the troubles of African American society. With that disclaimer aside, please continue.

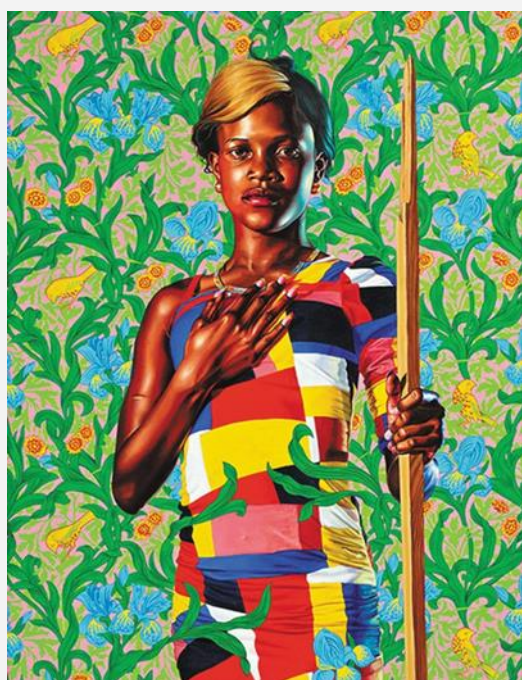
I have been recently made aware of the injustice happening in America. To me, it seemed like just another first world country. After these protests started though I could see the bubbling injustice in the system and, frankly, it terrifies me. The fact that a country known for its so-called liberty could produce such malignant, unfair and discriminatory ways of life makes me completely terrified. AJ Year 8

# KEHINDE WILEY

By Lamis Y8

Kehinde Wiley (born February 28, 1977) is an American portrait painter based in New York City, who is known for his highly naturalistic paintings of black people. ...

Wiley's portrait of Obama was unveiled on February 12, 2018.



In my opinion, these art pictures are absolutely incredible. This black man is as talented as any other artist in the world. It doesn't matter what colour of skin you are.

WE ARE ALL EQUAL

## BFS Virtual “Live Lounge” Concert Thursday 25 June at 7:00pm

The BFS Music department are planning a virtual version of their popular "live lounge" concerts to be broadcast next Thursday 25 June at 7:00pm on the music department youtube channel. It will feature video clips of students performing a range of pieces on all sorts of instruments from the comfort of their home!

We are now looking for students to get involved - if you would like to be part of the concert please email a video clip of you playing a piece of music or singing to [d.pate@bristolfreeschool.org.uk](mailto:d.pate@bristolfreeschool.org.uk). These will then be edited together and presented as a concert next Thursday. Please speak to Mr Pate if you have any questions, and keep an eye out on the youtube channel here to watch the show next week: <https://www.youtube.com/watch?v=2xarLV6rCOc>



## AWS GetIT Competition—Mrs Sherman wins Teacher of the Year



Inspiring girls to consider a career in tech



AWS GetIT is a fully funded programme delivered in partnership with Future Foundations and Amazon Web Services. GetIT aims to encourage girls to consider a career in tech and challenge gender stereotypes within the industry. The programme is aimed at Year 8 students working together to design and create an ‘app for good’ which makes real, tangible social change within their school and community. This was the first year that BFS entered and we had five Year 8 teams taking part. Two teams went through to the Semi Final and one team made it to the Top 10 out of 200 with their app idea to develop a digital version to complement the successful BFS peer mentoring scheme.

Unfortunately, the Final has been postponed until the new academic year but we found out this week that Mrs Sherman has won Teacher of the Year out of over 100 nominations. This is what the worthy winner said when she found out:

“Wow! I am sat here in tears, overcome with emotion! Fabulous email to receive and lovely to read the nominations. It was absolutely worth giving up every lunchtime to support our wonderful students and I am so proud of each and every team that took part. I have had the pleasure of getting to know the students better and seeing them develop in activities outside of the classroom with such passion and professionalism is the most amazing thing for a teacher. It’s all about the students and I am honoured to have been selected for this award. It has been a brilliant experience and we’re looking forward to the postponed Finals and taking part again next year.”

Mrs Sherman also added “I am very much looking forward to seeing the ideas and apps that our current Year 7s design and develop when they take part next year.”

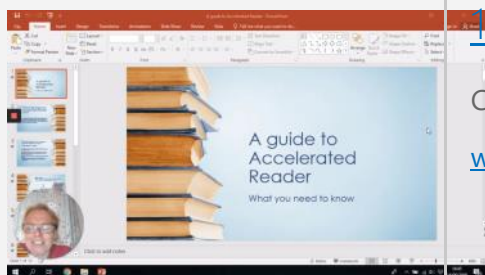
## Accelerated Reader

We are excited to have launched our accelerated reader scheme for students in Years 7 and 8. A short loom guide and introduction from Mrs Jenkins can be found here: <https://www.loom.com/share/f908826dd0b848abb8fb781f775ba3e4> Mr Harris will be providing more detail about accessing books and quizzing in the next newsletter. We look forward to celebrating the students who are reading and quizzing regularly over the coming weeks.

### 14 June, 2020 - Loom Recording

Check out a video I made via Loom

[www.loom.com](http://www.loom.com)



## Unsung Heroes

There is a tremendous team effort here at BFS and I would like to thank everyone who is playing a part in providing the mix of on-site and remote provision. Our staff are all very flexible and keen to help in whichever way they can and I must thank our support staff, including our administration, technician and pastoral teams who are working together to make the "new normal" school run efficiently and effectively.

Many have taken on a new role this week of "Covid Marshall." Covid Marshalls are key to making our school environment safe. Even though school will have felt strange for students returning this week, our staff have done a fantastic job of putting them at ease, but at the same time making sure everyone conducts themselves safely around the site. So thank you to everyone involved.

I must also give a special mention to our dedicated site team, led by our Site Manager Mr Ashley, for all their hard work in managing our school site throughout this pandemic. Our site team play a crucial role in the life of our school and in recent months, even though the school has been partially closed, they have been working harder than ever to ensure the safety of staff and students, which is much appreciated by us all

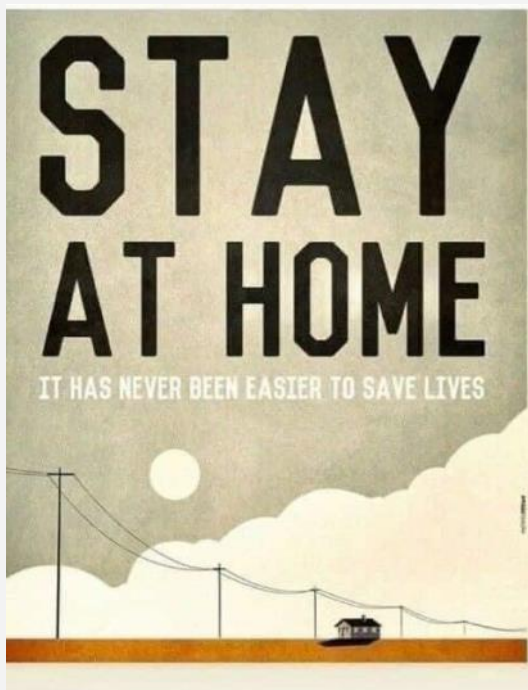


satchel:  
one

Please be aware that SMHW is now known as Satchel:One (its parent company). There is no change in how the platform works. Simply login using your existing SMHW login details.

## Historic Spanish Flu Pandemic c.1918

For those of you who like to draw your parallels from history, take a look at these photos from circa 1918 and how people tried to cope with the Spanish Flu outbreak. Sometimes, as a society, we have not evolved as much as we think.



## This Week's DT Challenge:

Practising one point perspective drawing, following video tutorials

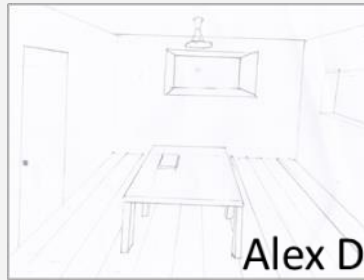


Catriona C Y7 has been keeping busy developing her sewing skills. Her latest project was to make a face mask following a YouTube tutorial. She used an old t-shirt for the fabric layers – a great example of recycling and repurposing. Well done, Catriona.

Year 7



Isabelle M.



Alex D.



Monty G.

Year 8



Leah H.



Susannah C.



Emily B.



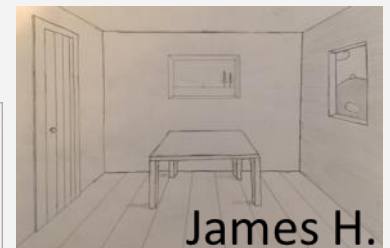
Luke T.



Theo H.



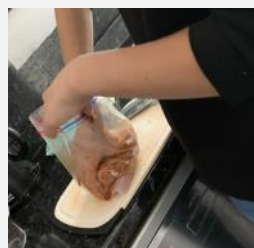
Jacob C.



James H.

## Practice NEA2 Project:

**"Feeding their families nutritious food in a pandemic situation"**



Joe C in Y10 demonstrated skills including making his own spice blend, marinating chicken, dicing vegetables and presenting a dish for his practice NEA2 project "Feeding their families nutritious food in a pandemic situation"



# BFS ART

Some Year 7 and Year 8 Artists have been very creative this week. Their challenge was to create the Colour Wheel using mixed media –they had to use their imagination and find things around the home to use.



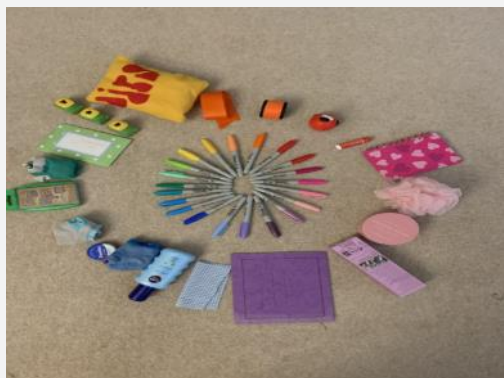
Adam Y8



Ella Y8



Emily Y8



Dexter Y8



Jacob Y8



Emily Y8



Isobelle Y7

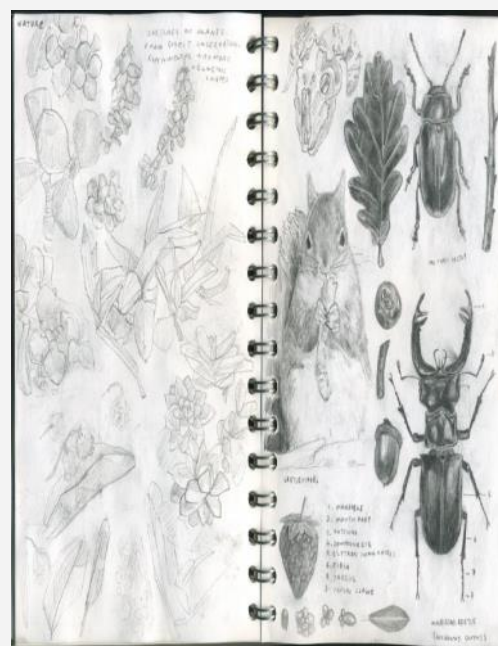
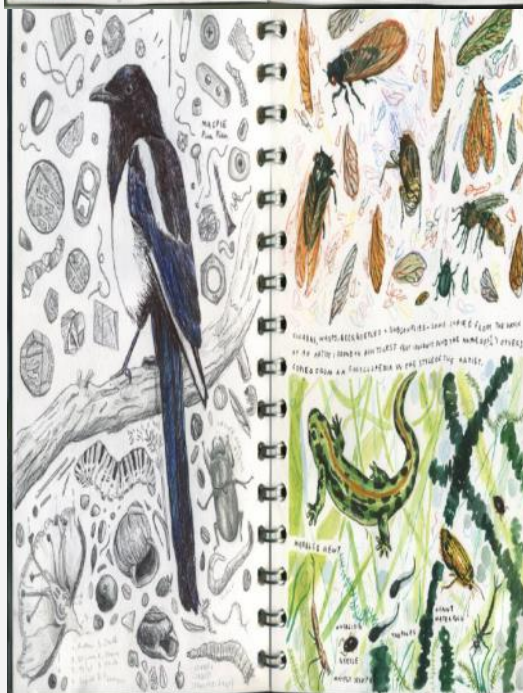


Daisy Y7

# 'Artist of the week'

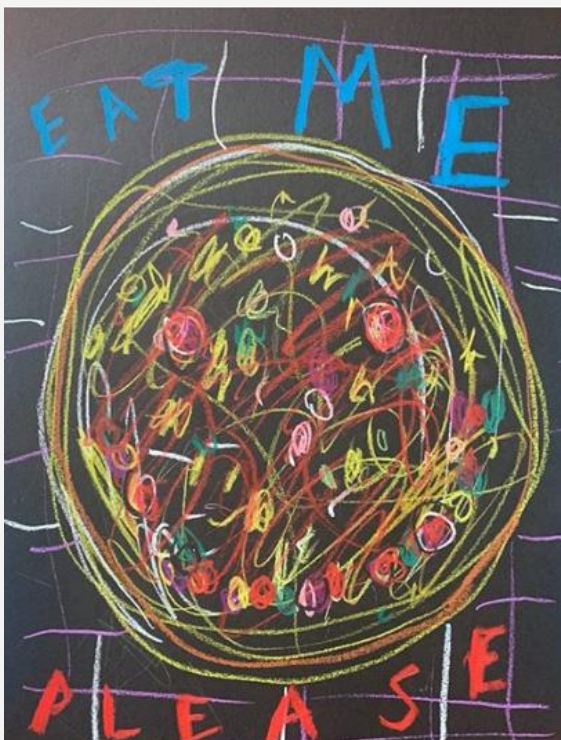
## Introducing Grace – Y11

Grace has been doing some **A Level transition work for us**. The challenge was to create a vibrant sketchbook full of studies using a range of materials. Grace was given simple starters to use in her drawing, just as: inside, childhood memories, family, favourite drawing tools and lots more. Here is just a sample of the beautiful work she is creating. **Well done Grace!**



## Artists in Lockdown

<https://www.bbc.co.uk/news/uk-52296886>



**A great read about what famous artists have been up to during Lockdown.**

## Art Competition—RSPB

<https://www.rspb.org.uk/fun-and-learning/for-kids/rspb-kids-competitions/wild-art/>

### What to do

Create a piece of art inspired by nature—let your imagination run WILD! There are 2 categories to choose from this year—REAL LIFE—entries using the more traditional approach of paints, pastels, acrylics, pens or pencil. And our new GO WILD category—for those of you who want to ‘go wild’ in every sense of the word. To enter this category, experiment with textiles, sculpture, recycled and eco-friendly materials, collages—anything goes!



Last year's winner

## Wesport Virtual Summer School Games 2020



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!

### 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



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



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!

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](mailto: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 3 CHALLENGE - (w/c 22 June) - Tennis (Tap Up Challenge)**

We hope to see you all engaging online

*Miss Hammond and the PE Department*

Any questions please email [e.hammond@bristolfreeschool.org.uk](mailto:e.hammond@bristolfreeschool.org.uk)



Day 1  
Go for a  
30 minute  
walk

Day 2  
Watch your  
favourite  
film

Day 3  
Do 20  
minutes of  
exercise

Day 4  
Have a  
lie in

Day 5  
Drink at least 2  
litres of water  
today

Day 6  
Play a board  
game or online  
puzzle

Day 7  
Be outside  
for at least 1  
hour today

Day 8  
Make a to-do-list  
of 5 things and  
do them

Day 9  
Have a  
digital-free  
night

Day 10  
Read 1  
chapter of  
a book

Day 11  
Listen to  
your favourite  
music

Day 12  
Declutter  
your room  
today

Day 13  
Pay someone  
a compliment  
today

Day 14  
Write down 3  
things you are  
grateful for

Day 15  
FaceTime a  
friend or family  
member

Day 16  
Eat some  
healthy food  
today

Day 17  
Do a favour or  
good deed

Day 18  
Try an online  
yoga session

Day 19  
Move as much  
as possible

Day 20  
Write down  
3 positives  
about you

Day 21  
Go to sleep  
one hour  
earlier

Day 22  
Start an  
aspiration  
journal

Day 23  
Watch your  
favourite TV  
show

Day 24  
Have a  
PJ day

Day 25  
Practice  
mindfulness  
exercises

Day 26  
Go on an  
early morning  
walk

Day 27  
Try meditation  
for 10 minutes

Day 28  
Cook  
something  
new

Day 29  
Create a mood  
board representing  
how you're  
feeling

Day 30  
Find a quote  
that inspires  
you

Share your progress on social media! Remember to tag @GCSEPod and use the hashtag #podwellbeingchallenge

# Wild workday from home



When you're working from home, it's often too easy to stay in front of a screen all day and never venture outdoors. To help you connect with nature this 30 Days Wild, we've come up with some easy ways to achieve your daily dose! Whether you've got five minutes or an hour, there's plenty of ways you can make your day a little wilder. Just be sure to follow Government guidance!

#30DaysWild

## Setting up your workplace

Set up your workstation so you're close to a window – this way you'll have a front row seat to any wildlife action. It's also a great idea to bring the outside in, so if you have any houseplants pop them on your desk so that you've always got a bit of green in sight. And if you can work outside – even if just for a short time! Then you can enjoy the sights, smells and sounds of nature. Working from home doesn't sound so bad now, right?!

## Starting the day wild

Take your breakfast into the garden or have a cup of tea while watching the world outside your window. Even if you live in an urban area, there will be little signs of wildlife – you might just need to work a little harder to see them. We promise it'll be worth the effort!



## If you've got five minutes...

If you don't feel like you can step away from your screen but need a little breather, check out a Wildlife Trust webcam. You can watch peregrine falcons, badgers and puffins going about their daily business, or simply observe the calming landscape of a nature reserve. However, if you do want to take a moment outside, this is a good time to close your eyes and listen to the bees buzzing and birds singing.

## If you've got half an hour

...it's most likely your lunch break! So, why not make it a picnic? Grab a blanket and head out into your garden – getting some fresh air in the middle of your work day is crucial to a productive afternoon. Take it a step further and try some outdoor exercise, such as a run, yoga or a quick bike ride, to get those endorphins flowing.



## If you've got an hour



Take a walk at lunchtime or after work and notice the wildlife around you. You may live in a built-up neighbourhood, but if you're looking for it, you'll be surprised at how much you see. Challenge yourself by choosing a colour before you head out and seeing what you spot in nature of that colour. Is it a yellow day? You might spot dandelions, the stripe of a bee, the breast of a blue tit and if you're lucky, maybe a brimstone butterfly!

The most important part of staying connected to nature while you're working from home is **nurturing your own health and wellbeing**. Being outdoors and experiencing local wildlife can have a **calming effect** and instantly make you feel **refreshed**. Also, take the opportunity to connect with colleagues or customers by sharing your nature moments by email or social media.



Share your wild workday with us on social media using

#30DaysWild

 @WildlifeTrusts  
 @wildlifetrusts  
 @thewildlifetrusts