

Words from Headteacher

Dear Parent/Carers

It was lovely to see so many of our Key Stage 3 students coming into school today to meet their tutor after such a long time studying at home. We hope that coming back and having a 1 to 1 chat with a member of staff will allay any worries about school reopening in September. Thank you to Mr East and the pastoral team for organising the day so successfully.

Yesterday we launched our Annual Awards presentation which was a virtual event, rather different from last year when our students and parents came together in the school Sports Hall. We are very proud of all our student winners and nominees. Certificates and prizes will be handed out today and during the upcoming week. Year 11 special prizes will be held back for the GCSE certificate presentation which we hope will be in school in December. I would like to thank FoBFS for their generous support in sponsoring all the prizes this year – it is a wonderful gesture and much appreciated.

On Wednesday we held our virtual Sixth Form Induction afternoon. Thank you to Ms Norton, Mr Walker and our existing Sixth Form students who provided Year 11 with lots of information and sound advice for when they start BFS Sixth Form. We are delighted with the high numbers applying to join BFS Sixth Form this year and are very pleased so many BFS students are choosing to stay with us to study A Levels. Details of the GCSE and A Level results days will be sent out next week, but we are hoping to provide some face to face interaction for those students who want to collect their results in the traditional way. You may wish to listen to the message Boris Johnson has recorded for all Year 11 students which is available on You Tube.

Many thanks to all parent/carers who have supported their child in completing the subject learning checks on the school VLE this week. We will send out the End of Year reports for all students by the end of next week and this data will help teachers carefully plan the curriculum for next term. I will also send out details about the reopening of schools in September before the end of the academic year.

Finally, Wednesday 15 July is virtual Sports Day. Details regarding this event are being shared in this week's newsletter.

Only one week to go, but still lots to do!

Mrs S King
Headteacher



Key Diary Dates	
Wednesday 15 July	Virtual Sports Day
Friday 17 July	Last day of term
Thursday 13 August	A Level Results Day
Thursday 20 August	GCSE Results Day and Sixth Form enrolment
Wednesday 2 September	INSET Day
Thursday 3 September	INSET Day
Friday 4 September	New Year 7 and New Year 12 Induction day only
Monday 7 September	Start of term - all year groups

Bristol Free School Annual Awards Ceremony

During this week we would have held our second Annual Awards Evening to celebrate the many achievements of our students.

Despite the fact that we cannot hold the event in the format intended, we wanted to recognise and celebrate all that our students have achieved this year whether in the classroom, during extra-curricular activities or more recently during home learning.

The event is presented in several parts on our school VLE, Moodle, and includes:

An introduction from Mrs King

Year group subject awards

Year leader awards

Closing remarks from our Head Boy and Head Girl

Here is the link to the presentations. It is on Moodle so students will need to login using the username and password they use at school.

Year 7 link: <https://vle.bristolfreeschool.org.uk/course/view.php?id=162>

Year 8 link: <https://vle.bristolfreeschool.org.uk/course/view.php?id=164>

Year 9 link: <https://vle.bristolfreeschool.org.uk/course/view.php?id=165>

Year 10 link: <https://vle.bristolfreeschool.org.uk/course/view.php?id=166>

Year 11 link: <https://vle.bristolfreeschool.org.uk/course/view.php?id=167>

Year 12 link: <https://vle.bristolfreeschool.org.uk/course/view.php?id=168>

Year 13 link: <https://vle.bristolfreeschool.org.uk/course/view.php?id=169>

We hope that parent/carers will be able to share this event with their children by asking them to login to Moodle as usual.

BFS Virtual “Live Lounge” Concert Thursday 16 July at 7:00pm

There will be another ‘Live Lounge’ concert to finish the year on Thursday 16 July at 7:00pm. This will be broadcast live on the music department youtube channel. You can watch live using this link: <https://youtu.be/kQ1z-YXHlmQ>

We are looking for students to take part! Please email a video clip of yourself playing an instrument, singing, rapping or any other kind of music making to d.pate@bristolfreeschool.org.uk to be involved.



WINSTON'S WISH **WW**

Giving hope to grieving children

As lockdown continues to ease in some parts of the country, the focus turns to how the pandemic has affected children’s mental health. Among our families we have seen that separation anxiety has increased, with many bereaved children becoming very clingy and anxious about leaving their parent alone, either during lockdown or as they begin to return to school. Our team offer some advice in a blog post below.

In this newsletter, we’re also sharing guidance from our team on the difficult subject of whether you should tell a child that their loved one has died by suicide. Plus, some of our specialist publications to help you support bereaved children and some ways you can support us from home.

Remember, our [Freephone National Helpline](#), [ASK email](#), [Crisis Messenger](#) and [online chat](#) services are continuing to operate as normal to offer you support.

Prime Minister Boris Johnson to address all school leavers

On Friday 10 July at 10:00am, the Prime Minister will be giving an address to all school leavers which will be broadcast on [Facebook](#) and [YouTube](#).

Please encourage final year students to tune in!

A recording of the address will be available to view on both platforms.

BFS Virtual Sports Day 2020

We are so disappointed that we cannot have our annual sporting specular at Coombe Dingle but we are still determined to keep the spirit of BFS alive with our very own Virtual Sports Day.

Date of Sports Day: Wednesday 15 July

Equipment and clothing:

- Appropriate clothing and trainers for safety
- If warm ensure you drink water and use sunscreen

General information:

- There are 6 athletic events to take part in.
- You can enter as many events as you like.
- Whole school values of AMBITION and COMMUNITY apply – so don't cheat – be honest with your scores and how you do each event.
- You will be sent a results sheet on Show My Homework on the day to fill in your scores.
- Points are available for participation in an event. You can also get bonus points for achieving the best score in your tutor group / year group or for submitting a video completing an event.
- Email your completed results sheet to your tutor before 3:00pm on Wednesday 15 July.
- If you have family members who wish to participate also, please encourage them to do so and add their scores on your result sheet.

Please email any videos or pictures of you completing the events to Mrs Ballard l.ballard@bristolfreeschool.org.uk. There will be additional points available for submitting videos. Some of the videos will be used to make a montage of the great effort you will be putting in.

Athletic Events

SPEED BOUNCE in 1 minute:

Use a shoe, skipping rope etc and place on floor.

Stand with feet together on one side of the object and jump from side to side over the object as many times as you can in 30 seconds.

1 jump is knocked off of your score if you touch your object and each jump must be done taking off with 2



PRESS UPS in 30 seconds:

Simply – how many can you do in 1 min?

You can have a rest half way through although time doesn't stop!

If you are struggling or can't do full press ups with hands and toes, you can use your knees.



THROW CATCH in 1 minute:

Use any type of ball, (tennis ball, football, basketball)

Stand 3 paces back from the wall.

How many throws/catches can you do in 1 minute?

If the ball is dropped that one does not count.

**200m and 800m:**

Place 2 objects (cones, trainers, socks etc) 8 metres apart in your garden/park.

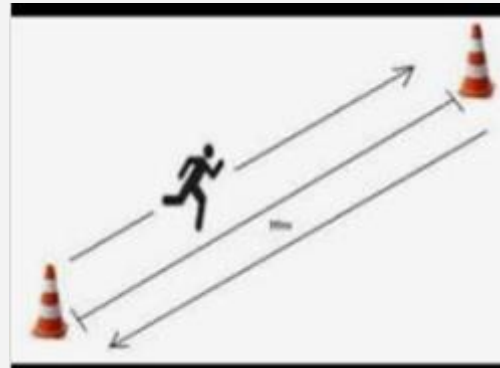
One lap is running from one object to the other.

200m = 25 laps

800m = 100 laps

Time yourself to do the required number of laps
How quick can you do it?

Hint: get someone else to count how many laps you are doing.

**KEEPIE UPPIES:**

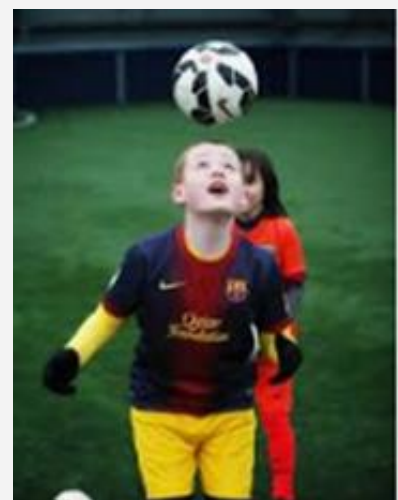
Using a ball of your choice how many keepie uppies can you do in a minute?

You can use knees, feet and head to keep the ball off the ground.

If the ball bounces on the ground simply keep going and keep counting once you start the keepie uppies again.

The time doesn't stop if the ball hits the ground, so reset as quickly as you can and keep going.

Your score is the number you can do.



The most important thing to us, is that you have fun and are safe. If you have any questions please direct them to Mrs Ballard (l.ballard@bristolfreeschool.org.uk) or the PE department.

We can't wait to see how you get on.

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. If you need to do a 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 Ambassadors - 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

wesport INSPIRING ACTIVE LIVES

HONESTY DETERMINATION PASSION RESPECT SELF BELIEF TEAMWORK

SCHOOL GAMES

Thank you and well done to everyone who took part in the 2020 Virtual Summer School Games!

Wesport were looking out for the School Game values - Passion, Determination, Self-belief, Respect and particularly for the virtual entry system, Honesty. You were also challenged to work on your Teamwork by doing your bit to represent your school (even if you are at home!) and where you were able to, encourage your siblings and friends to take part too.

So well done to those of you who demonstrated these values over the last 5 weeks.

For more information on the results please visit the website: <https://www.wesport.org.uk/active-education/school-games/2020-summer-virtual-school-games/>.

You can also download your certificates including the Active All Star certificate if you completed ALL 5 week's challenges, and personal best certificates for each of the challenges.

Please continue to remain active during this final week of term and over the Summer holidays!



ART NEWSLETTER

HUGE CONGRATULATIONS TO MARTHA REDFERN.....

MARTHA WON THE TEENS CATEGORY IN THE SHARPSHOTS 'GROUNDED' PHOTOGRAPHY COMPETITION.



MARTHA WAS TAKING PART MOST DAYS DURING LOCKDOWN, AND SUBMITTED A SERIES OF PHOTOGRAPHS, THAT EXPLORED MANY THEMES AND CONCEPTS.

SEE HER WORK ON THE WEBSITE



- TEENS (AGES 12-16)
- 1ST PLACE WINNER PRIZES
- NIKON B600 BRIDGE CAMERA
- ROYAL PHOTOGRAPHIC SOCIETY "TEENS WINNER" CERTIFICATE
- 1 YEAR ROYAL PHOTOGRAPHIC SOCIETY MEMBERSHIP
- "HOW TO TAKE AMAZING PHOTOS" BOOK BY LILLIAN SPIBEY

[HTTPS://SHARPSHOTSPHOTOCLUB.CO.UK/PHOTOGRAPHY-COMPETITIONS/GROUNDED/](https://sharpsshotsphotoclub.co.uk/photography-competitions/grounded/)

WELL DONE MARTHA!



VISIT THE RWA BRISTOL WEBSITE - THIS FANTASTIC ART GALLERY HAS LOTS OF ACTIVITIES AVAIABLE FOR ALL AGES
[HTTPS://SHOP.RWA.ORG.UK/COLLECTIONS/CHILDREN-AND-FAMILIES](https://shop.rwa.org.uk/collections/children-and-families)



KS3 ARTISTS - REMEMBER TO SEND US PHOTOS ON THE GOOGLECLASSROOM OF ANY ART ENRICHMENT ACTIVITIES YOU HAVE BEEN DOING.
SEE THE LATEST TASK - SELLOTAPE ART!

