

Dear Parents, Carers and Students

Staff and students have adapted to this second school closure very quickly and I am so pleased with the quality of work being produced. On Monday, teachers shared their ideas for online learning through a remote TeachMeet, which was fun and helpful. I am so impressed with how quickly staff have embraced this new way of teaching and how keen they are to support each other. Thank you for all your support.

One of the hardest things to manage at the moment is the uncertainty. As a Headteacher I am still unable to provide the answers to when school will be allowed to open to all students again and how the GCSE and A level grades will be calculated this year. The consultation on GCSE and A level grading will close at the end of next week. Looking ahead, I can speculate as follows. Firstly, it is unlikely we will be open to every year group after February half term; if restrictions are lifted it is likely to be a phased return, so remote learning will continue for parts of term 4. Secondly Year 11 and Year 13 students will complete some controlled assessment activities, including another round of mocks, in order for schools to have the evidence necessary to award a GCSE and A Level grade fairly. We have therefore made the decision to postpone the February mocks until later in this academic year when Ofqual have guided schools on how grades should be awarded. In the meantime, Year 11 and Year 13 need to remain focused, attend all their lessons and complete assignments at this critical time.

Thank you to parents who attended the Year 13 Subject Evening last night. Year 11 subject evening appointments will take place next Thursday 28 January.

We appreciate all of the support and guidance that you continue to give your children, supporting them with home learning assignments and online lessons, while juggling a myriad of other responsibilities and commitments. Through working together in partnership with our families and support providers, we hope to minimise the disruption and impact of this lockdown on our students and ensure that they are ready to resume face to face learning as soon as possible.

I hope you have a good weekend.

Mrs S King, Headteacher



Key Dates

Thursday 28 January	Year 11 Subject Evening
Thursday 4 February	Year 9 Options Evening
Monday 8 February	Provisional Year 9 Option Taster Day

**Do you feel
lonely, anxious
or afraid?**

Our volunteers can help you.

Talk to us today on the free
We Are Bristol support hotline

0800 694 0184





END THE DIGITAL DIVIDE

THANK YOU!

We have currently raised a fantastic amount of £3,480. Thank you to all who have donated so far. We have provided 65 laptops to our students and we plan to buy another 20 to support them during their remote learning. We are so grateful for our amazing community, we are blown away by your kindness and ongoing support. Please continue to donate virginmoneygiving.com/fund/BFSEndTheDigitalDivide

Message to Year 11



Mr MacBlain, *Head of Year 11*

Dear Year 11

I wanted to write a quick message to you to say how well I think you are doing over lockdown. This is not something we ever anticipated would happen again and it is inspiring to see so many of you really working hard and engaging with your remote learning. Please do keep in contact with your teachers/tutors should you need any additional support.

It is equally as important for you to look after yourselves and focus on your wellbeing as well. Healthy mind, healthy body. Our assembly on Monday will be focussing on some healthy habits you can all practise over the next few weeks/months. Tutor sessions are taking place between Tuesday and Friday, with Tuesdays and Thursdays dedicated to 'drop-ins' with your tutor, if you need any support or questions answered.

I cannot stress enough, the importance of remaining committed to your studies throughout the remainder of this academic year. I have no doubt that there will be some form of assessment, even if only another round of mocks and you need to be prepared for whatever happens in the summer.

Finally, don't lose sight of your next steps into Year 12. We are delighted to have received from so many of you, your applications to BFS Sixth Form. I know some of you are still intending to apply, so please make sure you get those applications in. If you are not intending to stay with us, then please do make sure you have your applications in to your new providers.



BFS Careers

UK University & Apprenticeship Search Virtual Fair (Aimed at KS5 students)



The national UK University & Apprenticeship Search Virtual Fair (27 January), features a wide range of universities, colleges, and apprenticeship providers from across the UK, allowing students to explore the wide range of post-18 options in one place.

Students and parents can find out more information and sign up here:

<https://ukuniversitysearch.vfairs.com/>

Lateral Flow Testing

Thank you Mrs Conway and the team for organising and overseeing the Lateral Flow Testing at BFS. We have been testing on-site staff and key worker students. It's so important that our school environment is as safe as possible!



Bristol City Council,
Bristol Race Equality COVID-19 Steering Group,
and the BNSSG CCG invite you to

COVID-19 VACCINE

DISPELLING THE MYTHS AND MISINFORMATION

Tuesday 26 January, 7:00-8:30pm

bit.ly/BristolVaccineTruthEvent



BFS MFL THE LANGUAGE AMBASSADOR SCHEME



This term a number of our Language Ambassadors at BFS will be producing some items to include in the newsletter each week. These may include personal articles written about aspects which interest them, word searches or games created in other languages, as well as some creative pieces, such as poems. Our Language Ambassadors have worked really hard on these newsletter items and are very excited for them to be shared with you.

This week, we have an interesting and thought-provoking article written by Eloise in Year 10, a wonderful poem produced by Lucy in Year 10 and a 'divertente' (fun!) Italian word search created by Lottie in Year 7.

We hope you enjoy our weekly features this term! Do let us know what you think!

Miss Rowden and the Language Ambassadors

THE GIFT OF LANGUAGES



By Lucy, Year 10

Hi!

嗨

Hola!

Languages, languages, why so much fuss?
For knowledge of cultures not belonging to us.
For understanding of others, from many new
places,

And for confidence when speaking with new faces.

Languages can open so many doors,
From simply translating, to anything more.
You can travel around with a purposeful stride,
Knowing, from foreign words, you won't have to
hide.

So why study languages? Well, why wouldn't you,
When limitless benefits always come through?
You will never quite know when trouble may begin,
One day, a mighty language could just save your
skin.

Languages, languages, not enough fuss,
For this subject that's useful for every one of us.

At the moment trying to learn a new language in school can feel impossible. Sitting on your own in front of a screen, battling vocab and verb conjugation, can quickly become rather overwhelming. It was hard enough learning at school when I was sitting with my friends and having face to face support from fluent teachers. Now, at times, it feels like I am drowning in unfamiliar tenses! So, with this in mind, I took to the internet to find the best apps and websites to help support your Spanish and French learning in these difficult times. I was pleasantly surprised to find an abundance of language support apps, some good, some not so good...



Eloise, Year 10

One you will definitely have heard of is Duolingo, which is a mobile app with over 30 million users. This app feels more like a game than a lesson and also has podcasts on Youtube to test your Spanish listening and reading skills. Memrise is a very similar app to Duolingo and also tries to make learning fun. However, Memrise uses flashcards to teach you vocab quickly. Drops is a game made by Kahoot! that focuses on making lessons fun and short. It is very interactive and effective at teaching vocab. Two things I particularly enjoy are Lyrics Training, which uses song lyrics to test your listening skills, and watching Spanish shows on Netflix! I would recommend Go Vive a tú manera, Elite and Nailed It Spain or Mexico.



I hope using these apps helps you to enjoy learning a new language even in lockdown!



Lottie, Year 7

ITALIAN FOODS

A	C	Q	U	E	U	V	F	A	Z	Z	I	P
D	A	C	Q	U	A	L	K	J	H	G	F	P
S	G	V	B	N	V	M	X	Z	C	V	E	R
R	J	H	G	B	U	B	N	B	U	R	R	O
F	O	R	M	A	G	G	I	O	A	D	D	S
H	S	F	B	N	U	T	F	G	J	J	N	C
A	R	A	N	C	I	O	N	E	A	P	F	I
T	O	R	T	A	L	E	M	H	J	A	K	U
C	V	L	K	R	J	I	H	G	F	N	M	T
C	F	G	H	O	A	C	Y	Y	Y	E	H	T
E	R	W	Q	T	M	L	N	V	C	X	Z	O
T	G	E	L	A	T	O	Y	U	I	O	P	A
V	B	N	M	L	K	D	J	H	G	F	D	S
Z	X	C	O	T	A	L	O	C	C	O	I	C

- Gelato - Ice Cream
- Dolci - Sweets
- Carota - Carrot
- Mela - Apple
- Cioccolato - Chocolate
- Torta - Cake
- Arancione - Orange
- Pane - Bread
- Acqua - Water
- Pizza - Pizza
- Uva - Grape
- Burro - Butter
- Prosciutto - Ham
- Formaggio - Cheese



STUDENT RESOURCES



COPING WITH CORONAVIRUS

Bristol Free School understands that coronavirus has brought a lot of change to your school experience. Below you can find some resources that can provide support to you while you are remote learning from home during this difficult time.



Coping with coronavirus, strategies for young people: A guide from NHS Psychology Health Service.

http://www.uhbristol.nhs.uk/media/3886194/coping_with_coronavirus_-_young_people__apr20_v2.pdf



Prince's Trust: Their coronavirus support hub includes guidance and advice on wellbeing, employment and mental health. <https://www.princes-trust.org.uk/about-the-trust/coronavirus-response/resource-centre>



REMEMBER TO STAY SAFE

When you are online it's important to stay safe and understand how to be safe. Remember:

- Think before you post
- Don't share personal details
- Watch out for scams
- Think about who you're talking to
- Keep your device secure
- Never give out your password
- Cover your webcam
- Be respectful
- Be aware of your digital footprint
- Keep a healthy balance



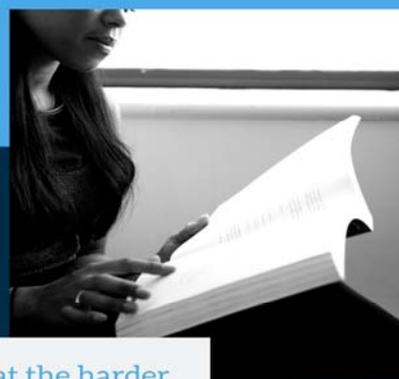
MENTAL HEALTH



It always helps to talk to someone when you are upset or worried. You could talk to a family member, a teacher or a friend.

Please check out the helplines below:

- Childline - If you need advice or just want to talk, call this helpline: 0800 1111 (calls are confidential and free)
- Young Minds - Young Minds helps children and young people to cope with difficult feelings - the website has lots of useful information and you can also call them on: 020 7336 8445
- The Samaritans - The Samaritans provides confidential support for anyone feeling low or in distress. Call them 24 hours a day on their Helpline: 08457 909090
- CEOP - If you're worried about online abuse or the way someone has been communicating online, let CEOP know. Visit their website for further information: <https://www.ceop.police.uk/safety-centre>



"I find that the harder I work, the more luck I seem to have."

THOMAS JEFFERSON

“
I think it's possible
for ordinary people
to choose to be
extraordinary

ELON MUSK

THE EXPERT IN
ANYTHING WAS
ONCE A
BEGINNER

HELEN HAYES

MENTAL WELLNESS DURING LOCKDOWN



MENTAL HEALTH & SAFEGUARDING
BRISTOL FREE SCHOOL

Taking care of yourself while staying at home



Keep Learning – Learning helps keep our minds active, which helps our wellbeing.



Catch up with friends – Creating and maintaining relationships is critical to boosting wellbeing!



Give – Kindness can give our mood an instant boost! Everyone has something to give, whether its a compliment of lending a hand



Be Active – Getting moving is not just good for our bodies, it makes a real difference to how we feel

NOT ALL SCARS CAN BE SEEN.

KNOW SOMEONE WHO NEEDS A HAND? REACH OUT.



TELLSOMEONE@BRISTOLFreesCHOOL.ORG.UK

Bristol's SEND Local Offer

Autism Family Courses

NAS EarlyBird Programme: 3 month course for Parents and Carers of children with a diagnosis of autism under 5 years

Barnardo's Cygnet Course: 7 sessions for Parents and Carers of children with a diagnosis of Autism aged 5-8 years

The Teenage Life Autism Course: Parent information and Advice Course for Parents of Children ages 8-18 years

For more details on any of the Autism Family Courses Web: <https://www.bristol.gov.uk/web/bristol-local-offer/support-for-parents-of-children-with-autism>

Contact: Menai Gore, Business Support Officer at the Family Learning and Family Support Hub Tel: 07827 896 700 Email: autismfamilycourses@bristol.gov.uk



BFS Remote Learning

The History Department have been blown away by the quality of engagement and work during this lockdown period.

We have had students across Key Stage 3, 4 and 5 excelling in their studies, as we explore topics such as medieval religion, the French and Russian revolutions, medicine through time and the Cold War.

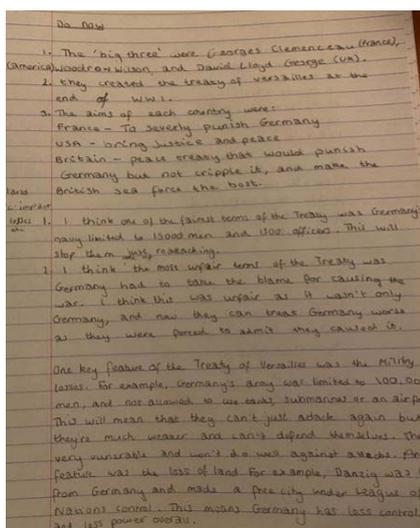
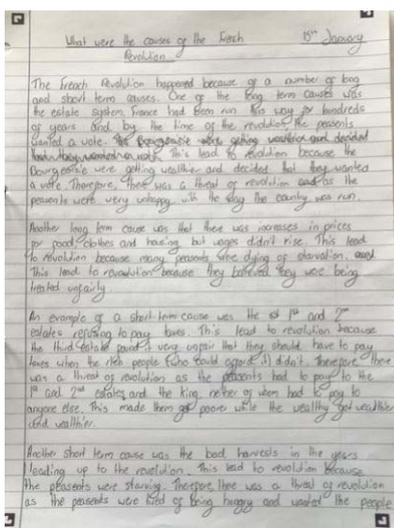
Our Year 12 students have been revising hard for their politics and history assessments, whilst Year 13 history students have been beavering away at their coursework, exploring historical interpretations on the causes of the First World War.

The independence and initiative shown by our students has been truly inspiring and the speed at which they have adapted to new teaching platforms has been remarkable.

Well done all of you for your fantastic effort and keep up the great work!



Mr Ruston, Head of History



Excellent pieces of work from

Catie, Year 8, On the causes of the French Revolution and a photo from Amber, Year 9, on the Treaty of Versailles.



The quality of work that students have produced so far is amazing! I've been particularly impressed with the work ethic of my GCSE classes, who have continued to work just as hard at home and have kept up their high standards. Students have shown a real desire to do well, asking for clarification if they don't understand and keenly answering questions when asked.

Year 9 have been especially good this week and completed some fabulous work on the Treaty of Versailles. This week, we also tried using break out rooms on Teams to allow students to discuss topics with each other. Dropping in and out of these 'rooms' I overheard lots of thoughtful, on task discussions, that showed students had clearly been working hard. Well done!



Ms Barnes, History Teacher



BFS Remote Learning

I was nervous about how students would approach remote learning in the beginning. The lack of face to face contact concerned me and I wondered how it would work. But I have been pleasantly surprised by the students' attitudes to the work considering all the uncertainty and changes, especially KS4 and KS5. The students have been so flexible and resilient in the face of these changes.

I am very proud of the way they have applied themselves to the remote learning. Kahoot and Microsoft forms are brilliant because they provide variety a bit of light-hearted competition and instant feedback. Also, Notebook in Teams has been brilliant. I am using it as a way of supporting students' work as and when they are completing tasks. It is an amazing tool.

Keep it up BFS students- you are doing so well and I am looking forward to teaching you face-to-face soon.

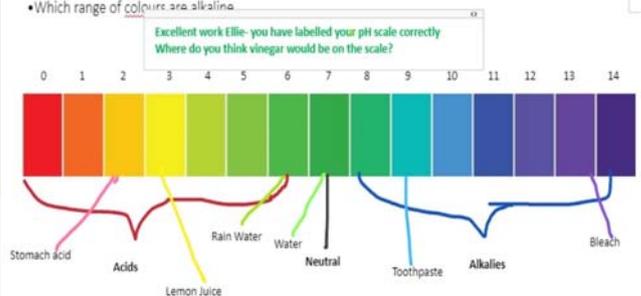


Mr Giles, Science Teacher



Task: Label your colour chart to show:

- pH neutral
- Approximate pH indicated by each colour (from 0 – 14)
- Which range of colours are acidic
- Which range of colours are alkaline

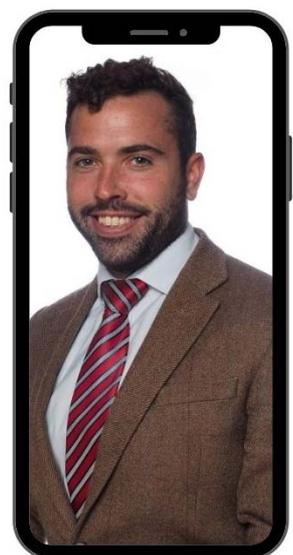


The resilience of the student body at BFS continues to amaze me. Lockdown 3 has stimulated a range of exciting online learning experiences and with those have come some challenges for students too.

'How do I access the class notebook?', 'Where do I go to access the assignment?'. In most cases, student work has been of an exceptionally high standard and it is clear they want to do well.

My highlight so far has been the enthusiasm and competitiveness of Year 11 during nearpod sessions. Their willingness to push themselves despite the uncertainty of their circumstances, shows an incredible level of motivation.

Well done!



Mr Green, Head of Geography



BFS Remote Learning

Year 10 and 11 GCSE Drama students have really impressed me with their engagement in remote learning.

They are submitting work faster than I can mark and showing a real determination to succeed despite the challenges they are being faced with. Their resilience and positive mindset has certainly inspired me. I've also enjoyed checking in with my tutor group each morning and appreciated their participation with Votes for Schools.

On the days that I have been in school supporting Year 10 students, it has been a pleasure to see students working independently and taking responsibility for their own learning. Well done everyone- keep up the hard work!



Mrs Clifton, *Head of Drama*



Bristol Old Vic



**Are making all of their at home
Season 2 films available to
schools!**

The Grinning Man, Messiah, Swallows and Amazons, A Christmas Carol and The Night That Autumn Turned to Winter will all be available to purchase from their website from today (22 January).

More information about each of the shows can be found here:
<https://bristololdvic.org.uk/athome/season-two>



JOIN ME AS WE GO... THROUGH THE KEYHOLE!



Your task is to channel your inner Neil Buchanan as you go on a journey of imaginative discovery. Depict your vision of life post-lockdown.

What would you see if you peered through the keyhole?

Email entries your Year Leader

FANTASTIC ACHIEVEMENT CHLOE, YEAR 9



06:28.67

LAP NO.	SPLIT	TOTAL
Lap 1	06:28.67	06:28.67

HOLDING THE PLANK FOR 06:28 SECONDS

WHO'S GETTING INVOLVED IN THIS WEEK'S COMPETITION?



BFS PE WEEKLY CHALLENGE



COMPETITION 1:

CHA CHA SLIDE PLANK CHALLENGE

Check out BFSPE Instagram on Monday for a video of the PE department completing this!



COMPETITION 2:

WHO CAN MAKE THE TALLEST HOUSE OF CARDS

YOGA POSE OF THE WEEK:

TREE POSE



PLEASE LET US KNOW HOW YOU GET ON BY SENDING YOUR TIMES AND IMAGES TO MRS BALLARD:

L.BALLARD@BRISTOLFreeschool.org.uk

WE WILL FEATURE AS MANY AS WE CAN IN THE UPCOMING NEWSLETTER.



THE GREAT BFS BAKE OFF



This week saw the roll out of our first year group competition; The Great BFS Bake Off! Thank you and well done to those who have spent time creating fantastic cakes to celebrate our key workers in the country. We have been so impressed with what we have received so far. Good luck to all of you. The winner will be announced next week! Here are some of our favourite entries so far...

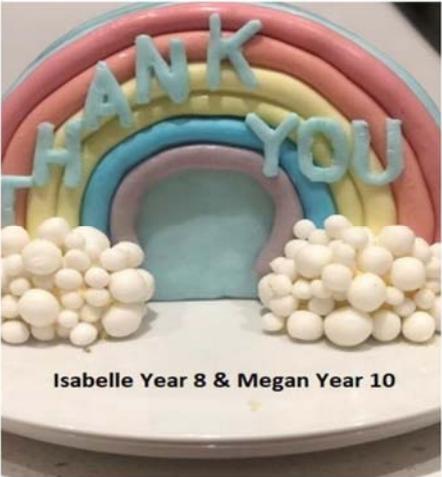
ON YOUR MARKS, GET SET... BAKE!



Ronan Year 8



Corinne Year 9



Isabelle Year 8 & Megan Year 10



Ella Year 7



Shiloh Year 7



Ryan Year 7