

Dear Parents, Carers and Students,

I hope everyone is feeling more hopeful now we have the roadmap for schools reopening and the gradual lifting of restrictions across other sectors. Even the lighter evenings and the smattering of spring flowers is making us feel a bit more optimistic. Shakespeare puts it so well when he stated 'For there is nothing either good or bad, but thinking makes it so'.

I would like to pay tribute to the staff (largely non-teaching staff) who will be running our Lateral Flow Test Centre over the next few weeks. The team, ably led by Mrs Conway, are well trained and highly dedicated and it is largely down to them that we can start face to face teaching so quickly. We will be processing at least 50 tests per hour, enabling us to ensure that two year groups each day are offered their first test. I have added the link again to the consent form and privacy notice if you are yet to complete this form.

We will be sending out the Lateral Flow Test time slot for coming into school and further information after Wednesday 3 March.

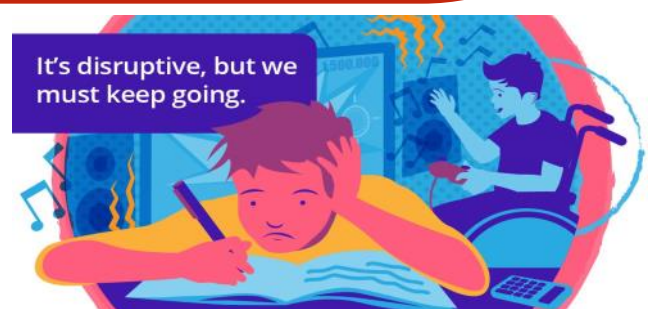
On Thursday 4 March between 1.30pm and 3.00pm we will be suspending all lessons to enable the staff to have a COVID inset afternoon. We have a lot of logistics and COVID secure measures to explain to staff before we open on Monday 8 March. We will be using that afternoon to celebrate World Book Day so there will be a range of activities for students. House points will be issued for active involvement. We will need to close the on-site provision next Thursday afternoon to allow for this important staff inset.

The guidance about how GCSE and A levels will be awarded was released yesterday. I will communicate details to students and families as soon as we have had time to review and plan the process. It is clear Year 11 and Year 13 will need to work hard still to generate a range of evidence to support the centre assessed grades. We will do everything we can to ensure our students are awarded the grades they deserve.

We have included the first house totalizer for students and families to see. This is based on house points from Flexible Friday and ongoing class work. Congratulations to Durdham - Mrs Jenkins is delighted with this early lead. It is still early days with lots more house competitions and events this year, so I urge students to keep getting involved. Your house needs you!

I hope you enjoy this week's newsletter.

Mrs S King, Headteacher



Key Dates

Thursday 4 March	World Book Day
	On-site Key Worker Provision - Early Closure
	Staff Inset - 1:30-3:00pm
Friday 5 - Sunday 14 March	British Science Week
Monday 8 March	International Women's Day
	1st Lateral Flow Test for Years 11, 12 and 13
Tuesday 9 March	Years 11, 12 and 13 Return to School
	1st Lateral Flow Test for Years 9 and 10
Wednesday 10 March	Years 9 and 10 Return to School
	1st Lateral Flow Test for Years 7 and 8
Thursday 11 March	Years 7 and 8 Return to School
	2nd Lateral Flow Test for Years 11, 12 and 13
	Year 7 Parents Evening
Friday 12 March	2nd Lateral Flow Test for Years 9 and 10
Sunday 14 March	National Pi Day
Monday 15 March	2nd Lateral Flow Test for Years 7 and 8
Tuesday 16 March	3rd Lateral Flow Test for Years 11, 12 and 13
Wednesday 17 March	3rd Lateral Flow Test for Years 9 and 10
Thursday 18 March	3rd Lateral Flow Test for Years 7 and 8
Sunday 21 March	World Poetry Day

IMPORTANT REMINDER LATERAL FLOW TESTING

If you haven't done already please give your consent for your child to have a lateral flow test before returning to school.

Follow the links to the BFS Lateral Flow Test Consent Form which includes the full terms of Consent and the Privacy Notice on our website.

To confirm your for your child to be tested in School, please click on the following link and complete and submit the form by **3.00pm on Tuesday 2 March** in order that testing can be scheduled. Students over the age of 16 can give their own consent.

[https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=bCkKhyVdnEuSUFIfzQ18bgQFTBh6tNnWymvca2RURU1IUUQzS09KUUU0V0xWODFXRVRJSVNEUi4u)

[id=bCkKhyVdnEuSUFIfzQ18bgQFTBh6tNnWymvca2RURU1IUUQzS09KUUU0V0xWODFXRVRJSVNEUi4u](https://forms.office.com/Pages/ResponsePage.aspx?id=bCkKhyVdnEuSUFIfzQ18bgQFTBh6tNnWymvca2RURU1IUUQzS09KUUU0V0xWODFXRVRJSVNEUi4u)

If you have any queries please contact: covid.testing@bristolfreeschool.org.uk





BFS HOUSE SYSTEM 2021

BLAISE HOUSE



Senior Leader: Mr East

Student Head of House:
Jacob

Sixth Form House Leaders
Emma, Stacey, Lily
and Will



Mr East, SLT

Jacob, Head of House

#TeamBlaiseHouse

Photography & Art Competition



FIRST - Jessica S



Evan C



FIRST - Emma A



Ava M



James W



Matthew H

Baking Competition



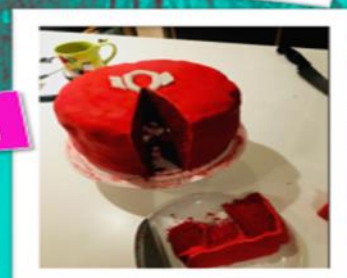
FIRST - Carl and Lena R



Lucy A



(Above) Eva W
(Right) Louisa H





BFS HOUSE SYSTEM 2021

BLAISE HOUSE



Sport Competition

Blaise House completed a massive total of 450.67miles as a team!



FIRST –
Roisin M
A massive
60.89 miles

I've completed 98km (60.89 miles) including cycling, running, walking and dance this week.



Eva W
A huge
52.29 miles

Natalya W
An impressive
58.35 miles



FIRST
Unique ways to travel in Blaise House included walking 100m on your hands and a 100 m doing backflips by Chloe C

Another creative way to travel was Daisy R and Anita S who both did 10km on roller blades.

Lucy A - most innovative way of moving was volunteering: she recorded her steps while volunteering in a food distribution warehouse for the charity FareShare.

Literacy Competition



“Blaise, the fire you can't put out”

FIRST - Alex M

Be yourself, be your best, be BLAISE!

Chloe C

Blaise, a standard to raise

Jacob C

Our open green spaces are joys to behold,
With natural beauty around you, outshining the cold.
Endless landscapes of rivers and flowers and trees,
Stretching forwards forever, into the breeze.
At once, there's a feeling of freedom, of peace,
The emotions held within you, you can release,
For outside in the air, so fresh and so clean,
There are no expectations, no need to be seen.
So if you get the chance, just walk out your door,
And experience the green space we all should appreciate more.

FIRST - Lucy A

Blaise Castle, surrounded by the grass of green
Built-in 1766, the late eighteens
Towers which reach for the sky
Making a mockery out of any normal guy
But what more could be expected
The castle's design is practically perfected.



The trees sway and dance, as the leaves slowly settle on the soiled ground.
In summer time the leaves glow green as children play; a view so serene.
The blue sky encapsulates each object below and gives way for the sun to shine so bright.
Then the darkness swoops in and the stars appear as Blaise castle begins to clear for the night.

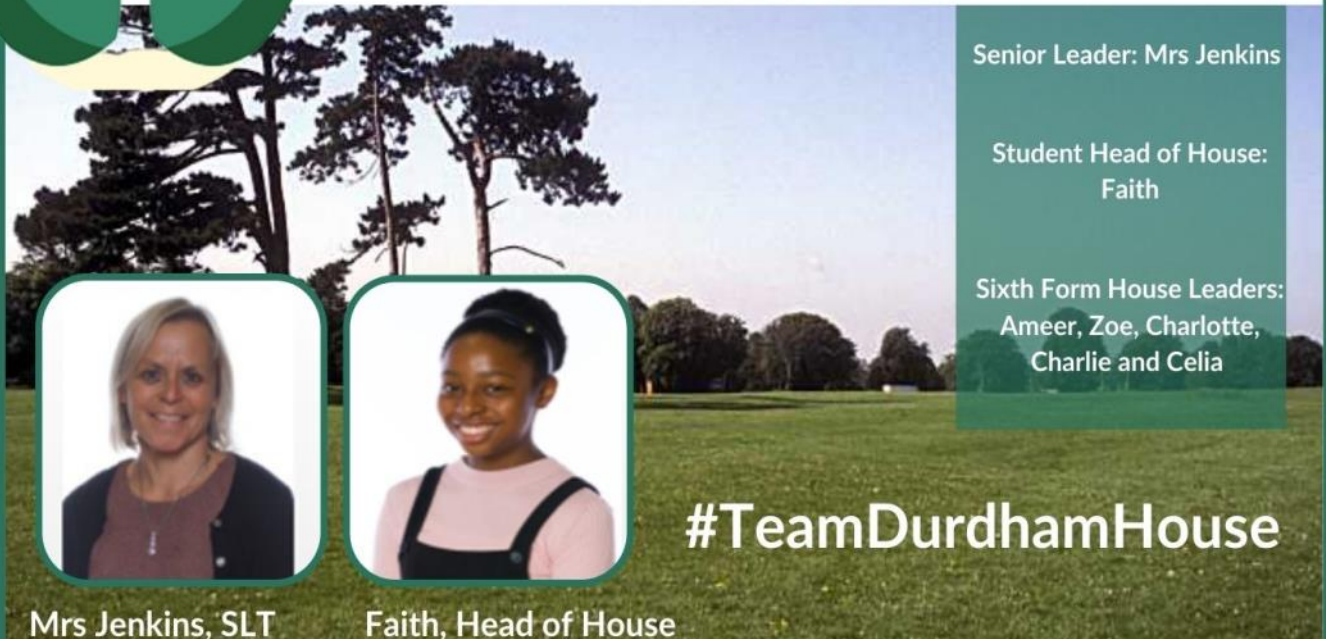
Stacey K

Jacob C

BFS HOUSE SYSTEM 2021



DURDHAM HOUSE



Senior Leader: Mrs Jenkins

Student Head of House:
Faith

Sixth Form House Leaders:
Ameer, Zoe, Charlotte,
Charlie and Celia



Mrs Jenkins, SLT

Faith, Head of House

#TeamDurdhamHouse

HOUSE CHALLENGES WINNERS

Sports:

- Will L (13.4km)
- Ellen R (127 miles cycled)
- Courtney B (27.9 miles in a weekend)

Literacy:

- Jessica L- Poem
- Maya S - Slogan
- Mia Elizabeth T - Slogan and Poem

Baking:

- Eloise R
- Freya B
- Harry G
- Joe R
- Madeline H
- Maya S

Art/Photography:

- Philippa G
- Benedict M
- Noah W



Durdham

Trees are the lungs of the world,
You burn them, their branches are shriveled and curled.

Plant a tree, save a life,
If you kill the trees, there is nothing but strife.

Don't spoil the scenery,
By destroying the greenery.
One tree can make a million matches,
One match can destroy a million trees.

Plant a tree so the next generation gets air for free.



Remember to log in on
classcharts using the code
below:

xp66vxb



BFS HOUSE SYSTEM 2021

ASHTON HOUSE



Senior Leader: Mr Walker

Student Head of House:
KatieSixth Form House Leaders
Will, Emily, Ben and, Molly

Mr Walker, SLT



Katie, Head of House

#TeamAshtonHouse

HOUSE CHALLENGE WINNERS

Sports:

- Ashton House travelled 290.94km overall
- Shoutout to Katie R who dedicated a whole week to the challenge and arranged her efforts in a table
- Caleb E who travelled 100 miles on his bike
- Benjamin D who ran 33 miles!

Day	total KM in day from fitbit	of Which KM from walking/c ycling	Type of exercise
Fri 5th	9.15	7.5	Running
sat 6th	6.45	3.5	Running
Sun 7th	9.85	2.85	Walking
Sun 7th		4.59	Cycling
Mon 8th	4.61	2.7	walking
Tues 9th	4.38	3.47	Walking
Weds 10th	2.02		none
Thurs 11th	4.96	4.2	Running
Fri 12th	5.7	4.2	Cycling
	47.12	33.01	

Literacy:

- Harvey B-C

A mazing
S plendid
H ouse
T all
O utstanding
N atural

Remember to log in on
classcharts using the code
below:

dxudkyk



BFS HOUSE SYSTEM 2021

ASHTON HOUSE

HOUSE CHALLENGE WINNERS



Baking:

- Catherine B
- Charlotte D
- Bethan L
- Sophie Y
- Jemma B
- Ms Morgan



Art & Photography:

- Sophie W
- Sophie Y
- Oliver P
- Jemima B
- Ruby R
- Olivia D
- Tilly L-J
- Harvey B-C



BFS HOUSE SYSTEM 2021

CANFORD HOUSE

Senior Leader: Mr Fernandes

Student Head of House:
Mya, Y13

Sixth Form House Leaders
Charlie, Eloise, Saber and
Will



Mr Fernandes, SLT



Mya, Head of House

#TeamCanfordHouse

SPORT AND LITERACY

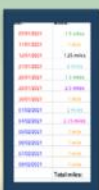


WINNER
ALEXANDER
D



HONOURABLE MENTIONS

MAYA
W



KHADIJA
K

TEDDY
F



AMBER
G

The Perfect Park

A drop of dew
A tree of old
A petal of pink
A park of gold

A sky so blue
Some grass so green
A holly hedge
A park pristine

A sun so bright
A flower small
A child's laugh
A park for all

A fox's den
A singing lark
A beautiful wonder
The perfect park

WINNER
BENJAMIN
R

HONOURABLE MENTIONS



LOGAN
S

CANFORD

fishes POV - Lamb to the slaughter

People walking past everyday,
Elderly, adults, kids and dogs,
None of them really notice me anyway,
They're all too busy with their friends or on their jogs.

I swim in this mess of a pond,
Barely being able to see anything,
Too dark for any of the fish to bond,
We're irrelevant, is what many think.

We have emotions,
We don't just swim around,
Seeing little kids motion,
When we are found.

Finally happy thinking we're known,
Then their hands splash in the water,
Getting pulled out and to everyone I'm shown,
Gaping for air, realising this is slaughter.

As I flip around trying to breath,
I realise this is the end,
Knowing soon I'm going to be in between someone's teeth,
I Look back at my brothers and friends.

I try to smile and reassure them,
My vision goes blurry as I lay in his hand,
People acting like I'm some sort of gem,
I'm no longer breathing... everything black and...

I get thrown back in the water,
A dead fish floating in Canford,
I was a lamb to the slaughter,
Nobody realises I'm dead because I'm not at that standard.

How many days will go past until I get removed from the water,
Will anyone notice... I'm just a lamb to the slaughter.

MIYA
ERIN LH

BFS HOUSE SYSTEM 2021

CANFORD HOUSE

BAKING, ART AND PHOTOGRAPHY



WINNER
JENNY H



HONOURABLE MENTIONS

MAXIMUM
P



LILY
B

ALEXANDER
D



ELLIE
J



WINNER
ETHAN

LORRAINE H
WINNER



HONOURABLE MENTIONS

RALPH



GRACE
ELIZABETH
C

MAHA
E



KHADIJA
K

CURRENT LEADERBOARD



DURDHAM



BLAISE



CANFORD



#1



DURDHAM
3121 POINTS

#2



ASHTON
2489 POINTS

#3



CANFORD
2470 POINTS

#4



BLAISE
2238 POINTS

BFS WORLD BOOK DAY

We are excited to be involved in World Book Day on Thursday 4 March.

During morning lessons, students will be introduced to reading in different subjects across the curriculum. In the afternoon students have a range of activities and events they can participate in. Please take a look at some of our suggested activities below. We want every student at BFS to spend at least half an hour reading on World Book Day and look forward to hearing about what they read.

Students in year 8 will be treated to a Zoom talk with Robert Muchamore, author of the CHERUB series, on Thursday afternoon.

To listen to some newly released audiobooks, follow this link: <https://library.thenational.academy/>

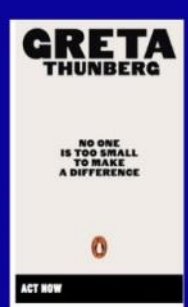
For our more mature readers, who are seeking inspiration for social and politically engaging books:

<https://www.worldbookdaysocial.com/power-reads/>

<https://www.worldbookdaysocial.com/podcasts/>

Finished a book recently? Check to see if it's on our Accelerated Reader quiz system. Not only will this check to see how much you've understood, it'll also help you find new books and count how many words you've read! Who'll be the first BFS student to reach one million?

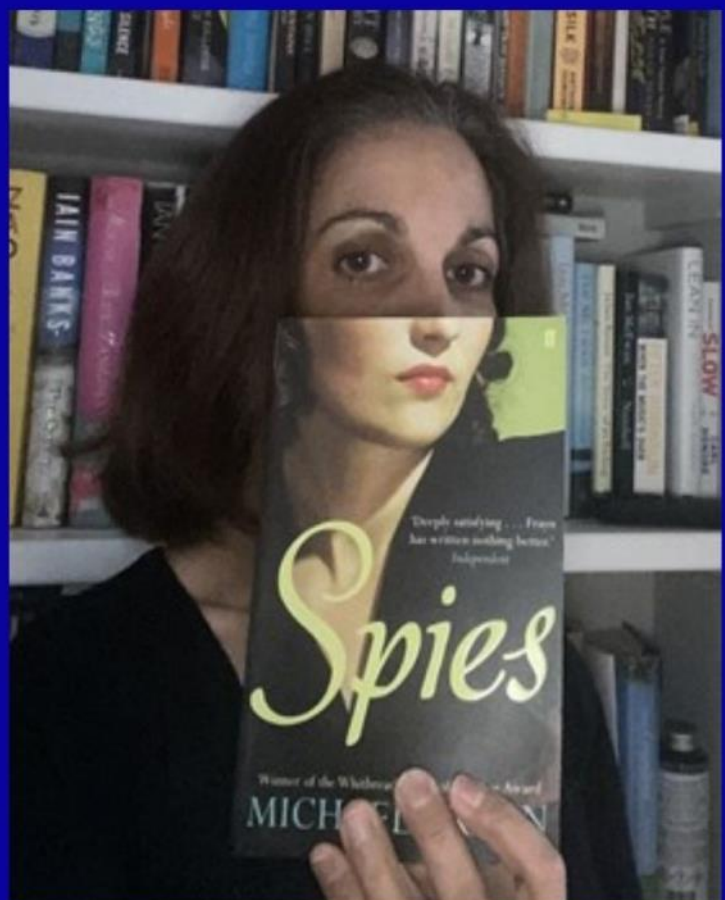
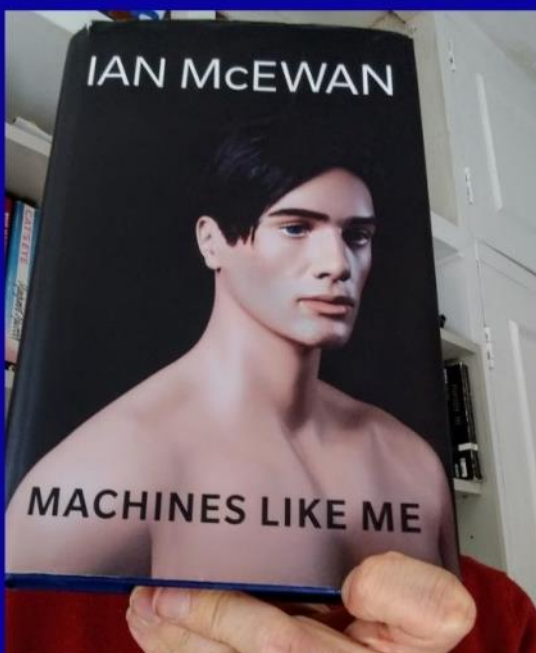
<https://ukhosted113.renlearn.co.uk/3512653/Public/RPM/Login/Login.aspx?srcID=s>



IT'S WORLD BOOK DAY!



**Face it: we need to read.
Can you compete with
some of the English Department's attempt
at the Book Face Challenge?**



**Send your pictures to Mr Gowen:
m.gowen@bristolfreeschool.org.uk**



BFS MFL THE LANGUAGE AMBASSADOR SCHEME



Ms Rowden
(Teacher of MFL)

The Language Ambassadors at BFS currently have some exciting opportunities to engage with this term.

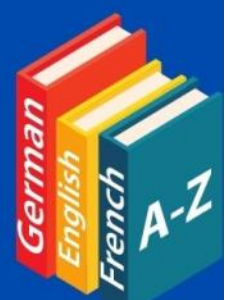
Language Ambassadors have exclusive access to two separate competitions and the winners will be revealed in the newsletter at the end of the term. The competitions are as follows:

1. To design a praise postcard in French and / or Spanish which can be used by teachers in the MFL department when students produce excellent work.
2. To design a logo for the MFL department at BFS. The logo should contain some reference to French and Spanish but should also focus on celebrating other languages and cultures from the diverse world that we live in.

Entries need to be submitted to Ms Rowden by Friday 26 March and the winners will be announced the following week. All details about the competitions can be found on the Language Ambassador Teams page.

We can't wait to see your creativity with these competitions!

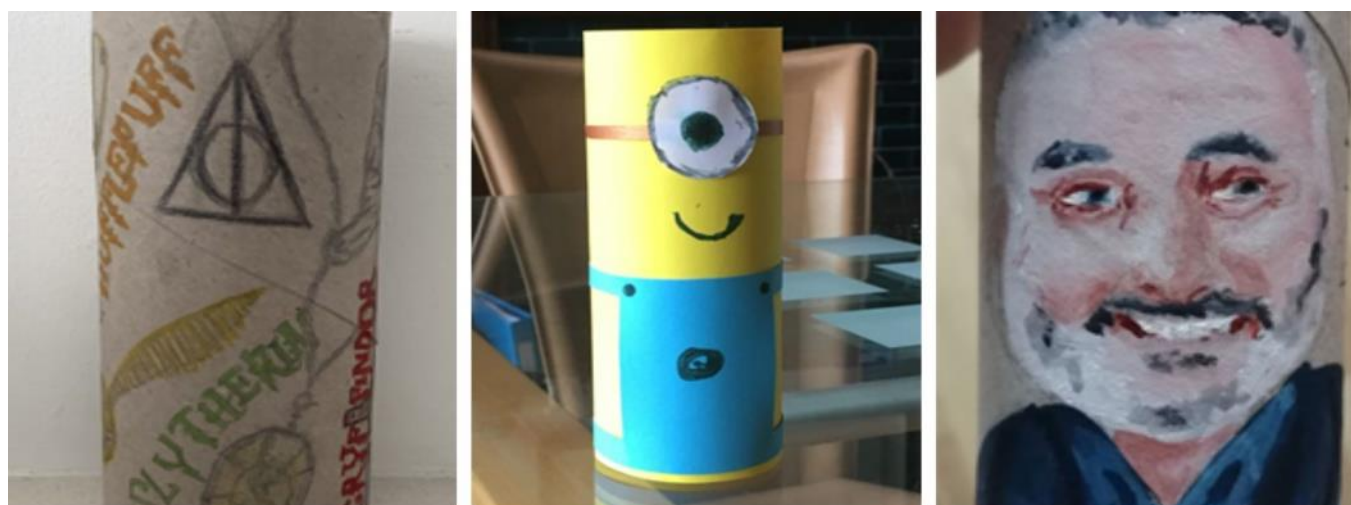
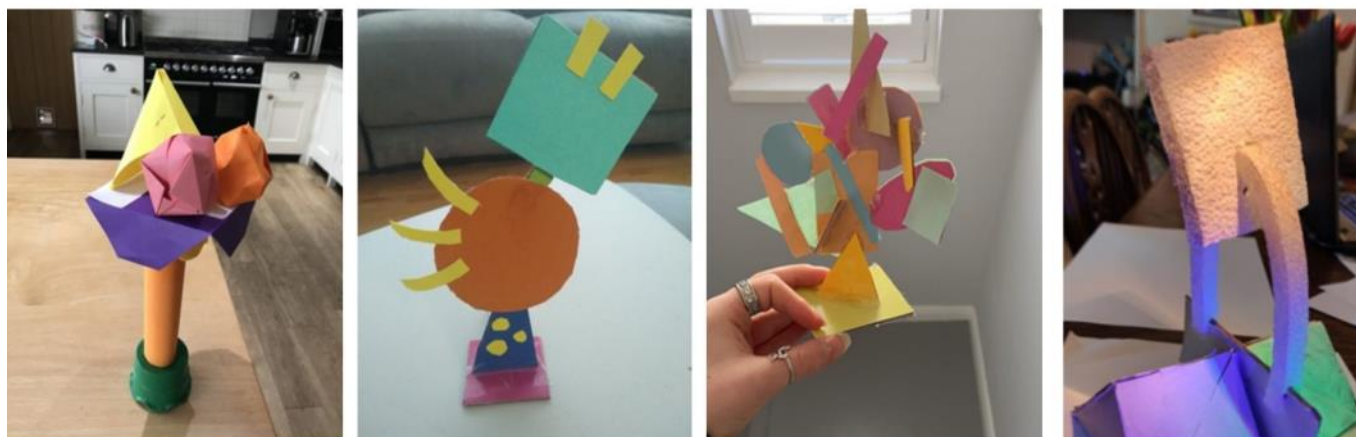
Finally, a huge 'thank you!' to all Language Ambassadors who attended the Term 4 meeting on Teams earlier this week. It was great to catch up with everyone and, as always, there was a lot of enthusiasm and discussion regarding our passions for language learning (especially whilst in lockdown!). The next meeting will likely be at the end of Term 4 or at the start of Term 5; all details will be posted onto the Language Ambassador Teams page so do keep an eye out!



BFS ART & PHOTOGRAPHY



Year 7 have been producing some fabulous abstract sculptures, inspired by Kandinsky and using found and reclaimed materials.



Year 8 have been using their favourite films, artists and books to inspire their designs for the loo roll challenge!



BFS ART & PHOTOGRAPHY



Year 11 are continuing to produce outstanding work using personal possessions as their inspiration for their current project. Combining drawing and photography they have done so well to stay motivated!



BFS D&T



Food- How 'food safe' is your fridge?!

Before half term KS3 students looked in to food safety and how best to store food in a fridge. Many even took up the challenge to organise their own fridges at home.

Health and safety tips to help with organising your fridge

1. Your fridge should always be set at a temperature between 3-5°C so that the rate of food spoilage is slowed and harmful bacteria cannot multiply. At this temperature, your food will be kept safe to eat.

2. Storing food correctly will help you minimise food wastage and will also prevent you from getting food poisoning and will reduce your weekly shopping bill.

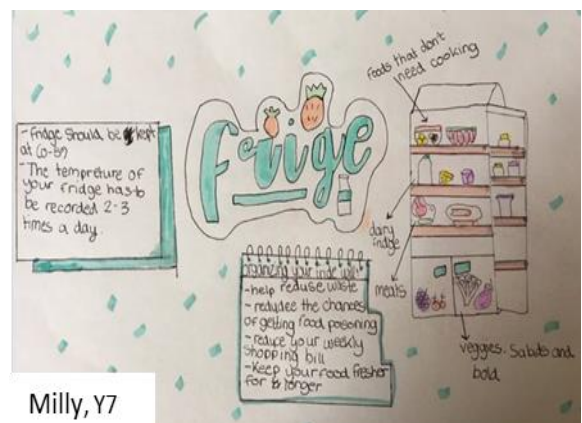
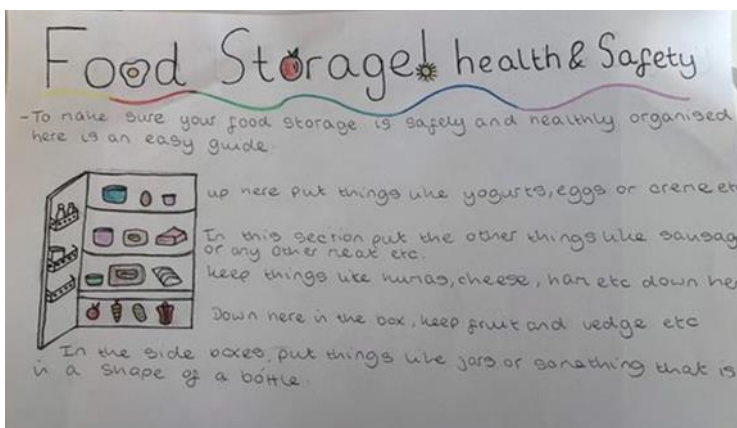
Here is an example of the order in which you should organise your fridge:

- On the top shelf, you should have food such as eggs, bread, yogurt and dips.
- On the second to top draw, you should have foods which are leftovers which could, for example, be clear containers.
- On the middle shelf, you should have foods such as milk, drinks and quick snacks.
- On the second to bottom shelf, you should have foods such as cheese and meat.
- On the bottom shelf, you should have foods such as vegetables and fruit.

(examples of this layout are shown in the picture on the right.)



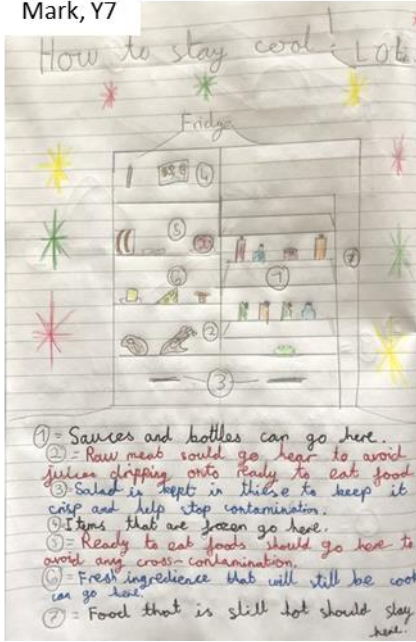
Hermione, Y8



Milly, Y7

BFS D&T

Mark, Y7



Believe it or not, fridges are very important in our daily lives, they keep our food fresh and clean which keeps us happy and healthy. A well organised fridge can lead to be better lifestyle but how should you organise it?

Whats In The Fridge?



Salads, Fruit and Veg

Vegetables, fruits and salads go in the drawers at the bottom of the fridge as here they can not get frozen at the back.

Raw Meats & Fish

Raw Meat and Fish go on the bottom, coldest part of the fridge in order for them to keep cool and so that no meat juices drip on to other foods below

Dairy Products

Dairy products such as milk, cheese, yoghurt and butter go on the lower/middle shelves this is so the products aren't too cold but they are still in cooler conditions than the kitchen.

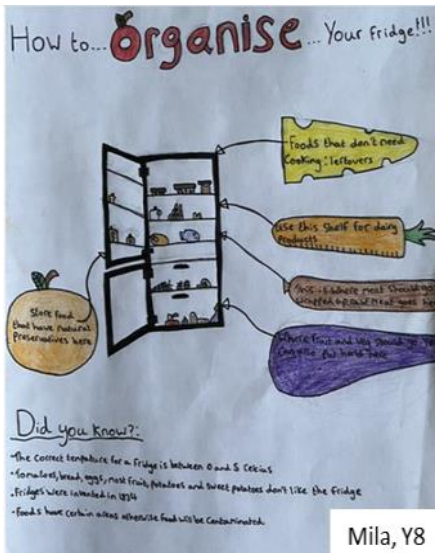
Condiments, Sauces and Juices

Condiments, sauces and juices go in the fridge door, the coolest part of the fridge. This is so these don't get too cool and they are easy to access quickly.

Foods That Don't need cooking

Foods that don't need cooking or have already been cooked such as, deli meats or leftovers belong in the top of the fridge.

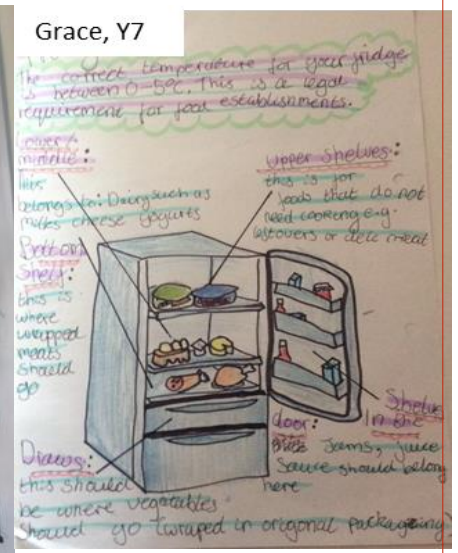
Imogen, Y7



Mila, Y8 Mia, Y7



Grace, Y7



Just a few of the delicious dishes that students prepared and cooked.



Design & Technology

Zombie Apocalypse: Supermarket Challenge!

KS3 students have returned to school to discover that they need to battle a zombie invasion!

Students are being tasked to design an outfit that will keep the wearer safe when doing their supermarket shop. Students have really embraced the new project, with some even jumping ahead and creating prototypes of possible protective clothing. We will be researching parasites, technical textiles and robotic fashion.



Jaya-Leigh, Flynn and Abdulmalek (Y7) modelling their prototypes.

Zombie Apocalypse: *The world is being overrun by zombies and you have to help save the planet's remaining population.*

30 mins

Tip: Click at the end of the question to add your answer! 'Insert' another slide if you need to.

What will you be?:

Bronze: Stated your character and provided a little detail with no further research

Silver: Stated your character and provided extra detail with some further research.

Gold: Stated your character, provided a lot more detail about them and recorded further research about them

1. My chosen English character or historical figure is: Titania.
2. I have chosen this character because: I think she is a powerful woman who is very stylish and would be a very nice character to design for.
3. This is what I already know about the character: she likes wearing dresses which blend well with the wildlife. She is the queen of fairies and is married to the King Oberon.
4. Using the internet, I have found out more information such as (what is their style, their family, their hobbies...): She wants to have the Indian boy to herself and I guess you could say that all her fairies are family to her.

★ Challenge: You have created a moodboard about your character (use the 3rd slide)



Maddie, Y7, chose Titania from Shakespeare's A Midsummer Night's Dream to design her outfit for as she 'is a powerful woman who is very stylish'.

Tea Cake Competition



福



Keria, Year 9



I have decorated my tea cakes to present the Chinese Lantern Festival/ Yuan Xiao Festival. With icing, I have written Lantern festival on my tea cakes and decorated them to look like lanterns. I have also added chopsticks to represent even more culture. On the next slide, you will see I have displayed my work in two different ways to show contrast between having the red to white and red to black combination.



BFS CAREERS



**MR
PARRY**
HEAD OF BUSINESS AND
CAREERS LEADER

WELCOME

CAREER EVENTS AND OPPORTUNITIES

STEM Ambassador programme - KS5 pupils

Are you interested in STEM (science, technology, engineering and maths)? Want a mentor to help you explore your future study and career options? The STEM Ambassador programme is launching an online mentoring scheme to help you feel more confident about your future.

What are the benefits?

Get access to a STEM Ambassador and 1:1 support over a 10 week period.

Talk to your mentor about:

- Your options – to work out the best path for you
- Dealing with challenges and uncertainty
- Finding trustworthy information and answers

Mentoring will take place from end of February-May 2021 via Brightside's online platform. This is a flexible opportunity and guidance will be provided.

Please see the website information below for more information:

https://www.stem.org.uk/news-and-views/news/raising-aspirations-through-new-mentoring-programme?utm_source=Adestra&utm_medium=email&utm_term=&utm_content=information%20on%20our%20website&utm_campaign=STEM%20Ambassador%20mentoring%20-%20ad hoc%20to%20secondary

https://www.surveymonkey.co.uk/r/GJB8G6N?respondent_id=%5brespondent_id_value%5d&user_data=%5buser_data_value%5d



SCIENCE



TECHNOLOGY



ENGINEERING



MATHEMATICS



**STEM
AMBASSADORS
RAISING ASPIRATIONS**
SIGN UP BY 7 MARCH

10 WEEKS MENTORING FOR YOUNG PEOPLE AGED 16-18



Insight into Army Careers virtual event 5 March

A whistle stop tour of Army Careers to celebrate National Careers Week. This virtual event is for students and parents interested in finding out more about Army opportunities; no previous knowledge required. There are 76 entry level specialisms, the range of careers in the British Army might surprise you. We'll also be looking at the qualifications on offer including apprenticeships and degrees.

To book onto event- https://events-emea3.adobeconnect.com/content/connect/c1/3956621110/en/events/event/shared/default_template_simple/event_registration.html?sco-id=4729432670



PWC

PWC are promoting a range of fantastic opportunities that they are offering:

- **Virtual Insight Week**

Virtual Insight Week applications are now open. This programme is for students in Year 12 in England and Wales and gives students the chance to gain new experiences, skills and confidence, as they take their first steps towards their career. Applications close on Sunday 14 March.

<https://www.pwc.co.uk/careers/student-careers/school-careers/our-programmes/insight-weeks.html>

- **School and College Leaver opportunities**

The School and College Leaver opportunities give students the chance to earn while they learn, and start their career straight from school. PwC encourage students to apply now to avoid missing out. For more information and current vacancies:

<https://www.pwc.co.uk/careers/student-careers/school-careers.html>

<https://www.careersschools.pwc.co.uk/listjobs/All/search/Entry%20Route/School---college-leaver-opportunities/>

- **PwC's Virtual Classroom**

A virtual programme open to students between Years 10 and 13. The programme combines both live and pre-recorded content. This month PwC will be focusing on our opportunities at PwC and our application process. For more information and to sign up to this programme:

<https://www.pwc.co.uk/careers/student-careers/school-careers/virtual-classroom.html>





SPEAKERS
for schools

SPEAKERS FOR SCHOOLS

As mentioned in last week's newsletter, Speakers for Schools has a vast array of talks and also have live talks where students can sign up. If any students wish to 'virtually' attend these live talks when they are meant to have a lesson must email their subject teacher to seek permission as our normal school curriculum would take priority. The live talks are also recorded so students can always access the talks at a later date. Please see the schedule for next week and details below:

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



SPEAKER: Andrew Bernard, Director, National Careers Week & Director, Innovative Enterprise
DATE: Monday 1 March
TIME: 10:00 – 11:00
YEAR GROUP: KS4 – 5 / S4 – 6



SPEAKER: Nick Ross, Broadcaster and Former Crimewatch Presenter
DATE: Monday 1 March
TIME: 10:00 – 11:00
YEAR GROUP: KS4 – 5 / S4 – 6



SPEAKER: Patrick Nyarumbu, Director of Strategy, People and Partnerships, Birmingham and Solihull Mental Health NHS Foundation Trust
DATE: Monday 1 March
TIME: 17:00 – 18:00
YEAR GROUP: KS4 – 5 / S4 – 6



Speaker: Ella d'Amato, Chief Commercial & Partner
Not on the High Street
DATE: Tuesday 2 March
TIME: 17:00 – 18:00
YEAR GROUP: KS3 – 5 / S1 – 6



SPEAKER: Kajal Odedra, UK Director, Change.org
DATE: Wednesday 3 March
TIME: 10:00 – 11:00
YEAR GROUP: KS3 – 5 / S1 – 6



SPEAKERS FOR SCHOOLS

SPEAKERS
for schools



SPEAKER: Jimmy Worrall, Founder and CEO,
Leaders in Sport
DATE: Wednesday 3 March
TIME: 17:00 - 18:00
YEAR GROUP: KS4 - 5 / S4 - 6

SPEAKER: Mandisa Greene, President, Royal
College of Veterinary Surgeons
DATE: Thursday 4 March
TIME: 14:00 - 15:00
YEAR GROUP: KS3 / S1 - 3



SPEAKER: Nalan Dodgson, Director of Talent
Acquisition, Burberry
DATE: Thursday 4 March
TIME: 17:00 - 18:00
YEAR GROUP: KS4 - 5 S4-6

SPEAKER: Katie Vanneck Smith, Co-Founder and Publisher,
Tortoise Media
DATE: Friday 5 March
TIME: 10:00 - 11:00
YEAR GROUP: KS4 - 5 S4-6

**01-06
MAR 2021**

#NCW2021

**SAVE
THE
DATE**

Headline Partner:

- FREE EVENT -

UK university & apprenticeship search virtual fairs

Wednesday 17th March
12pm - 6pm



Universities
Colleges and
Apprenticeships



10
Live Webinars

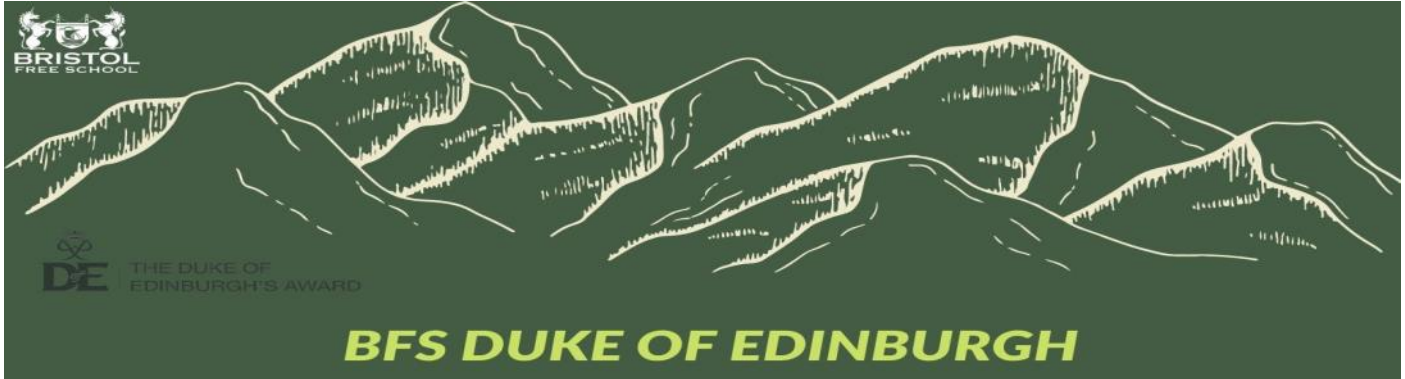
NEW
Virtual Campus Tours

100+
Exhibitors

Register here



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



Duke of Edinburgh sign-ups are now well under way and we're ecstatic that so many of you have already signed up!

Just a reminder that the deadline to sign up is Monday 1 March (next Monday!), so if you're considering it and haven't already then get those forms in!

On Wednesday we released an information video about what's involved in the Bronze and Gold awards and some of the flexibilities allowed by the DofE this year. In case you missed it you can watch it here: <https://bit.ly/3bzizpJ>

In case you're stuck for activity ideas for your sections, below is a list of lockdown-friendly activities for some inspiration!

If you still have questions before signing up then please let us know via: admin@bristolfreeschool.org.uk

Mr Wiczorek & Mr Ellis

<p>Volunteering</p> <p>Help a charity or community organisation</p> <ul style="list-style-type: none"> Fundraising Youth Ambassador Social Media Getting creative Raise awareness <p>Help others</p> <ul style="list-style-type: none"> Elderly Carer Young people and children COVID-19 Campaigning Mentoring Coaching <p>Online volunteering projects</p> <ul style="list-style-type: none"> Digital Safety Videography British Red Cross Research Sustainable development <p>Conservation</p> <ul style="list-style-type: none"> Environment Nature Litter picking Reduce plastic use Local wildlife 	<p>Physical</p> <p>Stay home</p> <ul style="list-style-type: none"> Yoga Online fitness Fitness challenge Training Learn a new sport Team sports Wheelchair workouts Dance Pilates Aerobics Weightlifting Wii-fit <p>Get outside</p> <ul style="list-style-type: none"> Cycling Walking Paddling Skating Running BMX Mountain Biking Football Roller blading Orienteering Triathlon 	<p>Skills</p> <p>Life skills</p> <ul style="list-style-type: none"> Cookery Music Arts & crafts DIY Woodwork Creative writing <p>Learn remotely</p> <ul style="list-style-type: none"> Language Money management Digital Studying First aid Scouts & Girlguiding Driving Economics Conservation STEM <p>Media & communication</p> <ul style="list-style-type: none"> Amateur radio Blogging Photography & Videography Journalism Vlogging
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Full details, advice and web-links for all of these ideas can be found here: <https://www.dofe.org/dofewithadifference/activities>



THIS WEEK MORRISONS KINDLY DONATED 60 PIZZA MAKING KITS WHICH WERE GIVEN OUT BY MRS FORD AND MRS JENKINS TO STUDENTS IN SCHOOL SO THEY COULD ENJOY SOME HOME BAKING.



BFS MAKES PIZZA!





**MENTAL HEALTH &
SAFEGUARDING**
BRISTOL FREE SCHOOL

MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information

WE ARE HERE TO LISTEN.

If you are struggling with anything, we are here to help - please talk to us. Remember there are lots of different communication styles to suit you. Email us to let us know how you would like to talk.



tellsomeone@bristolfreeschool.org.uk



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OUR PASSPORT
TO THE FUTURE,
FOR TOMORROW
BELONGS TO THE
PEOPLE WHO
PREPARE FOR
IT TODAY

MALCOM X

you are
doing great!