

Newsletter

Dear Parents, Carers and Students

We have been extremely busy this week planning and preparing for the reopening of school on Monday. Our test centre has been expanded to enable us to test over 950 students next week. We were delighted that so many students have the consent to be tested and we hope this additional control measure will add further protection for our community in the fight against this pandemic. We are really looking forward to welcoming students back and having face to face lessons at long last.

It has been incredible how far we have come as a community during the last 12 months. I have been so impressed by the way students and staff have embraced technology and have worked so hard together. Teachers have gained skills in weeks that usually take months to acquire and students have adapted to this new way of working very quickly. I am so proud of everyone. Microsoft Teams has been an invaluable tool and we will continue to use it regularly so students can access resources easily whilst at home.

Yesterday was World Book Day. I would like to thank Mrs Jenkins for organising some activities for students to celebrate this much loved event. The many educational benefits and pleasure that we can all gain from reading is now well documented. Today there are so many ways we can enjoy a good book, so there is no excuse not to read for pleasure!

Finally, I will be sending out a letter today to explain to you about all the Covid secure arrangements we have in place up until Easter. I will also be sending a film early next week explaining our plans for GCSE and A level grading which I hope Year 11, Year 13 and parents find reassuring.

Thank you for your continued support.



Mrs S King, Headteacher

Keeping safe at our school

Help us keep everyone safe when dropping off and picking up your child:



Wash your hands before and after taking or collecting your child from school.



Arrive on time for your allocated drop off/pick up time.



Leave promptly after drop off/pick up.



Keep your distance from others.



Avoid gathering in groups around the gate. Give people space to enter and exit.



If anyone in your household has any symptoms of Covid-19 call us to let us know - **DO NOT** come to school.

Stop the spread. Do the right thing.

Key Dates	
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 (Virtual)
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

LOCAL CRISIS AND PREVENTION FUND

The **Bristol City Council Local Crisis Prevention Fund (LCPF)** continues to accept claims for those returning to school who need assistance with food, school uniforms, shoes and stationery costs, in the form of supermarket vouchers. To apply, and to find out more information - please follow the link below. <http://www.bristol.gov.uk/lcpf>.

If you need help with your claim form, please email admin@bristolfreeschool.org.uk



North Bristol Food Bank understands that anyone can reach crisis point and they are here to help when that happens. Visit their website for more information - <https://northbristol.foodbank.org.uk/get-help/>

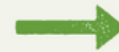
HOW TO GET HELP

If you need help from our foodbank there are a few simple steps to follow.



VISITING A FOODBANK

You will be welcomed by volunteers to discuss your needs and prepare your food parcel.



FOODBANK VOUCHERS

Our foodbank works using a voucher referral system. Find out more about how we work.



Innovate

YOU'VE GOT 1001 THINGS TO DEAL WITH...

Why not let us do the food and we'll help make the school routine that little bit easier?



From street food style chicken tikka wraps and halloumi burgers through to traditional roasts and our famous fish and chip Friday, we've got something for everyone and to suit all budgets.

WE CAN'T WAIT TO SEE YOU SOON!



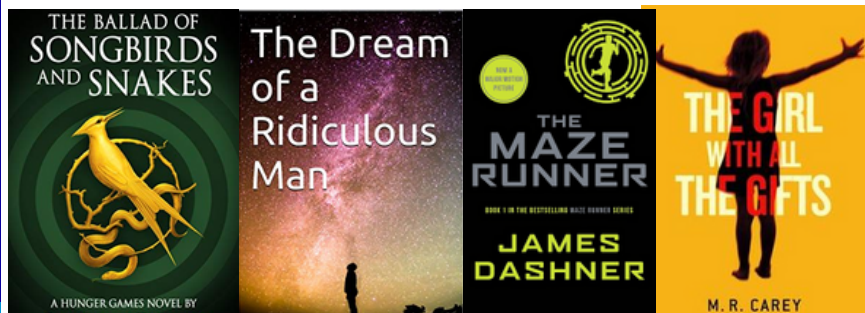
Innovate - provide an excellent offering of nutritious and delicious food onsite for our students.

Want to find out more? Have a look at their YouTube video below: <https://www.youtube.com/watch?v=4E1ncg8REKs&feature=youtu.be>

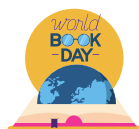
BFS CELEBRATED WORLD BOOK DAY

Thursday 4 March

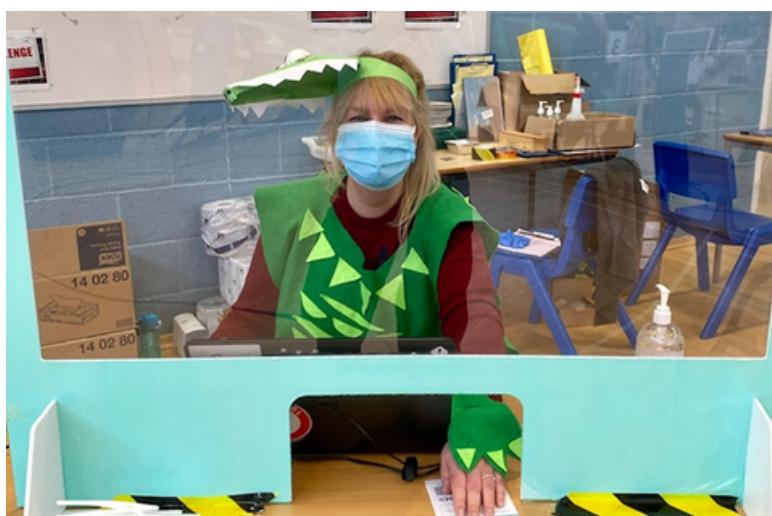
Students were introduced to reading in different subjects across the curriculum and were involved in a range of activities and events! Some students have let us know what they read in the afternoon to celebrate!



Digital
£1/€1.50
book
token



Ms Board dressed for the occasion! Can anyone guess which book?



REGISTER FOR THE DIGITAL £1/€1.50 BOOK TOKEN - World Book Day 2021, are helping schools distribute the £1/€1.50 book tokens to children and young people who aren't able to be at school by offering a digital version of the book token. Register here - https://www.worldbookday.com/digital-book-token/?dm_i=35S3,14NTC,7S5EWU,4CMDG,1

BRISTOL CITY YOUTH COUNCIL



Bristol City Youth Council - Survey



I'm Sam in Year 10 and I'm a member of the Bristol City Youth Council, I represent BFS as part of this. I am in the environment and transport campaign along with a few others and we would all appreciate it if you were able to fill out this survey; it's quite quick and easy and very important. Thank you - please see below.

https://urldefense.proofpoint.com/v2/url?u=https-3A__forms.gle_SVGqSCXM7ETiwT29A&d=DwMFaQ&c=7libWk6qxX9UStStY0S7v0BFglIVdq90dIT-QbmNawA8&r=5J-l8H5_e-V4ZN0yxNB9n5Z-zdoVbvg3Da0NgzmPqXI&m=BR4MHrbHenu9lFJ0q2bh3FxbeK6DxCBHadnryPY1_v4&s=gSSZtwU4SSUNHnCrPhprD-c8NK-Bz5Dc-1F47Bhx2k&e=

BFS CAREERS



MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER

CAREER EVENTS AND OPPORTUNITIES

Virtual Work Experience Opportunities:

Below are some exciting virtual work experience opportunities that students may want to consider participating in, which are running in the Easter Holidays. Please click on the relevant links for more information and the application process. When applying for these placements, please note that students need to put their school email address.



Renewable Energy Industry Insights - with GENeco

- Dates: 7 - 8 April 2021 (10am - 4pm)
- Eligibility: 14 - 19 year old interested in the renewable energy industry.
- Application Deadline: 31 March 2021
- <https://www.s4snextgen.org/Opportunities/View/id/1248>



BRITISH AIRWAYS

British Airways Virtual Insight Day - Sustainability Workshop

- Dates: 7 April 2021
- Eligibility: 14 - 19 year old keen to find out more about a career in the airline industry.
- Application Deadline: 15 March 2021
- <https://www.s4snextgen.org/Opportunities/View/id/1255>



JM Johnson Matthey
Inspiring science, enhancing life

STEM Challenge VWEX with Johnson Matthey

- Dates: 6 - 8 April 2021
- Eligibility: 14 - 19 year olds keen to find out more about a career in sustainable technology.
- Application Deadline: 12 March 2021
- <https://www.s4snextgen.org/Opportunities/View/id/1260>



GRAHAM

Green jobs in the construction industry - Graham Construction

- Dates: 8th April 2021
- Eligibility: 14 - 19 year olds interested in a career in the construction industry.
- Application Deadline: 19th March 2021
- <https://www.s4snextgen.org/schools/opportunitiesv2/ViewOpportunity/id/1253>



ARMY
BE THE BEST

Insight Day for Careers in Music - British Army

- Dates: 14th April 2021(10am -12am)
- Eligibility: 15 - 19 year olds interested in interested in a vocation with music performance at its heart.
- Application Deadline: 14 March 2021
- <https://www.s4snextgen.org/Opportunities/View/id/1188>



Sustainability and achieving Net-Zero by 2030 - SSE

- Dates: 6 April 2021
- Eligibility: 14 – 19 year olds keen to learn more about the energy industry.
- Application Deadline: 6 March 2021
- <https://www.s4snextgen.org/Opportunities/View/id/1163>



Spaceport Cornwall - Young Space Entrepreneurs VWEX

- Dates: 14th - 16th April 2021
- Eligibility: 14 – 19 year olds interested in a career in space technology.
- Application Deadline: 23rd March 2021
- <https://www.s4snextgen.org/Opportunities/View/id/1219>



SPEAKERS
for schools

SPEAKERS FOR SCHOOLS

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: Carol Cooper, Head of Equality, Diversity & Human Rights, Birmingham Community Healthcare NHS Foundation Trust & BME Expert Mental Health Forum

DATE: Monday 8 March

TIME: 17:00 – 18:00

YEAR GROUP: KS4 – 5 / S4-6



SPEAKER: Speaker: Martin Prendergast, Founder, Martin Prendergast Communications & Public Affairs Consultant & Interim Director of Development, RADA

DATE: Tuesday 9 March

TIME: 17:00 – 18:00

YEAR GROUP: KS3 – 4 / S1 – 4



SPEAKER: Elaine Tyler, Founder, Venatrix in conversation with Nadine Myers, Senior Sales Development Representative at Citizen and Elliott Parris, Manager of Europe (Data-as-a-Service)

DATE: Wednesday 10 March

TIME: 17:00 – 18:00

YEAR GROUP: KS4 – 5 / S4-6



SPEAKER: David Purdue, Deputy Chief Executive and Director of Nursing, Midwifery and Allied Health Professionals at Doncaster & Bassetlaw Teaching Hospitals NHS Foundation Trust

DATE: Thursday 11 March

TIME: 17:00 – 18:00

YEAR GROUP: KS4 – 5 / S4-6

INTRODUCTION TO MEDICINE



SIGN UP HERE

10/03/21 – Oxford Society of Paediatrics: Not Just Little Adults: An Introduction to Paediatrics

17/03/21 – We are donors: Heart to Heart- A patient's experience of organ donation

24/03/21 – Miss Helen Cui: Life as a surgical trainee

31/03/21 – Dr Hannah Farley: An Introduction to Gene-Editing for Aspiring Medical Students

07/04/21 – *Mid-Series Break*

14/04/21 – Dr Katy Boncey: Life as a junior doctor

21/04/21 – Miss Holly Eggington: Cancer, coding, and chromosomes: An introduction to personalised medicine

28/04/21 – Oxford Pathological Society: An Introduction to Laboratory Medicine and Histopathology

05/05/2021 – Miss Anna Chelchowska: Meet your hormones: an introduction to endocrinology

12/05/2021 – Dr Sile Johnson: All things COVID: the sickness, the science and the stuff we just don't know

All talks will run from 7-7.45 pm

Considering a Medicine or Science Degree?

Have a look at STEP inTo OxMed - a free series of online talks run by medical students, doctors and scientists!

Covering Life as a doctor, patient experiences, medical specialities and more! Weekly talks from 7:00 - 7:45pm starting on Wednesday 10 March

<https://forms.office.com/Pages/ResponsePage.aspx?id=G96VzPWXk0-0uv5ouFLPkTMS6XY36HtDkPrQKdoCiKpUN1VYRzZaSFVRSkoXmKdGN09DTTVYUkZSQi4u>



Are you interested in climate change, or cyber crime? Do you want to be part of a company that helps businesses protect their assets against risks? From protecting renewable wind farms from natural disasters to insuring fleets to continue facilitating world trade, we help businesses get back up and running after a catastrophic disaster.



Chaucer are launching a new scholarship programme which is open to students from disadvantaged backgrounds who are interested in pursuing a career in the industry. Chaucer encourage, support and mentor you throughout your studies, so that on graduation, you will be ready to launch your insurance career debt-free.



Applications close Monday May 31st - To apply follow the link below <https://www.thescholarshipub.org.uk/chaucer-scholarship/>

BFS MFL THE LANGUAGE AMBASSADOR SCHEME



HAVE A LOOK AT WHAT SOME OF OUR LANGUAGE
AMBASSADORS HAVE BEEN UP TO!



WHY GERMAN?



By Isaac, Year 9

Have you ever wondered why learn a language? Here I will tell you about learning German, one of the most spoken European languages in the world.

1. University Fees.

Some Universities in Germany usually cost approximately 500 euros compared to the UK which is thousands of pounds. These universities are also some of the best in the entire world and a few universities are absolutely free! Unbelievable!

No catch or anything!

2. Music

If you are a fan of classical music, some of the greatest composers spoke German. Composers like Beethoven, Bach and who can forget Mozart too. Mozart had one of his symphonies be the highest selling record of the year only a few years ago!



3. Arts.

Tens of thousands of books are published per year only in German and have not been translated into any other language. One of the most influential artists of all time had read and spoken German, Vincent Van Gogh. Also some of the biggest A Listers of all time had spoken German. People of the names Leonardo Dicaprio, Sandra Bullock, Natalie Portman, Bruce Willis and Michael Fassbender.

4. Talking.

If you go travelling around the European Union Countries, German is the most spoken language and the 11th most spoken language in the world. Any country around the EU you can speak in German and you are almost guaranteed to be recognised



5. Learning

If you want to learn a language German is one of the easiest to learn. English and German are both from the same branch of languages. They are both on the Germanic branch from the Indo-European stem, which means that with them on the same branch they are more similar than Latin or French for example.

So those are the main reasons that I think German is the best language for you to learn first as it is simple, you can use it anywhere, you can get free tuition and a lot of inspiration from history learnt German.



GERMAN CROSSWORD



By Awura, Year 7

s	c	h	o	n	h	z	j	g	h
p	c	j	k	d	w	w	u	c	a
l	g	a	t	h	u	o	n	h	l
i	t	a	r	m	a	h	g	d	l
y	t	c	i	o	m	e	e	t	o
s	g	l	t	w	i	r	x	z	u
q	c	x	d	m	k	l	e	i	n
h	n	r	c	k	a	t	z	e	r

schon = beautiful	woher = where from
milch = milk	stadt = city/state
klein = small	katze = cat
hallo = hello	junge = boy

BFS D&T



Daisy R and Amelie M in Year 8 - Well done for cooking great seasonal dishes. Both students also completed some great planning and research into food origins. Fantastic work!



HOKI

Description

Hoki is a white fish from New Zealand, which is similar to cod. The meat is succulent and, because of a higher fat content than other white fish, it is slightly sweet. It can be prepared in a wide variety of ways, such as breadcrumbed, pan fried and baked. It is often used in curries and casseroles.

Image of the food



FOOD NAME 1 Plantain

Description

Write in full sentences about the food you have researched. You should include:
Where the food originates from.
How the food is used in different dishes.
What texture and taste it has.

Plantain originates from Southeast Asia, it can be used for both savoury, and sweet dishes, it's more commonly used in savoury recipes. Plantain can be eaten in lots of ways, baked, fried or raw. Plantains flavour varies on how ripe it is, unripe, it's starchy, but ripe plantains are sweet and soft.

Image of the food



Image of a recipe that uses

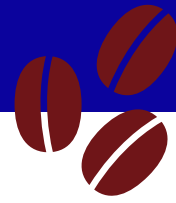


Well done to Seren J, Harry M, James, M, Charlotte S-M in Yr9 for completing some great research on different food types.

BFS Art & Photography



YEAR 7

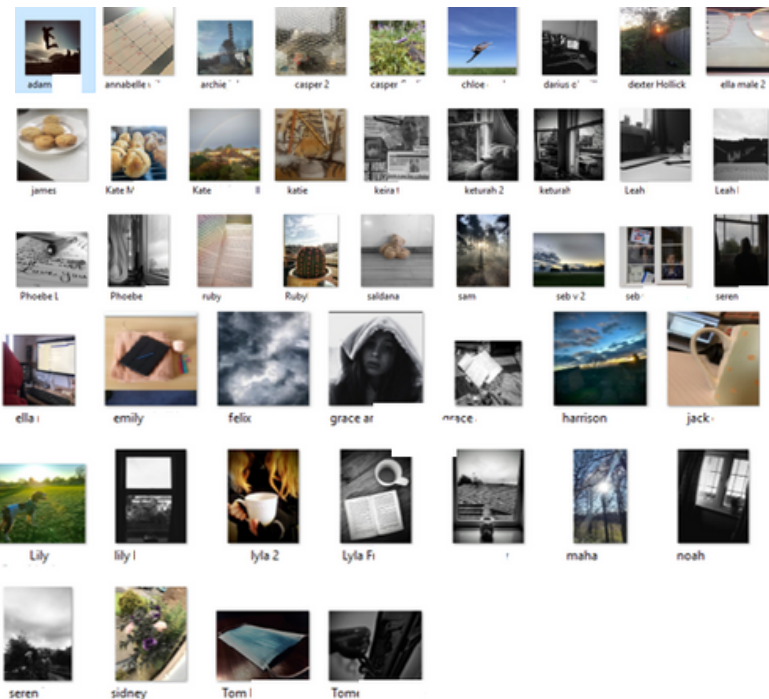


Year 7 have been exploring painting techniques this week using coffee! They will be learning how to paint using water colours when they return to school.



YEAR 8

Year 8 have started to design their Cog Frames ready for their return to ART. They will be constructing 'Steampunk' inspired frames to mount up their final BUG artwork.



YEAR 9



Here's a sneak preview of our selection of photos for our Photobook. Y9 students submitted some wonderful photographs documenting life in Lockdown. Every student who submitted work will receive house points and be entered into our prize draw and could win an Amazon voucher!

We will announce the winners when we all return to school.



BFS Art & Photography



In this piece I can see a carefully positioned Bell pepper. I really like how Weston has framed and composed the pepper in such a way that the shadows and highlights are emphasised. By introducing this contrast, it emphasises the beautiful shapes and curves of the vegetable, increasing the overall elegance and fragility of the piece.

I think that in this piece, Weston is trying to represent humans. He is achieving this effect because by introducing darker and lighter tones, it mirrors how there are brighter yet also more dull aspects in life. In addition, by illustrating the obscure shapes within the pepper, I feel that he is trying to teach us that no-one is perfect

YEAR 10



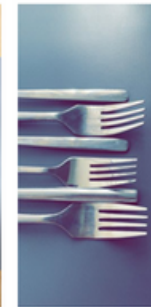
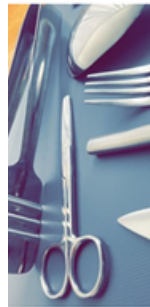
Well done Noah W for this amazing work based on your study of Edward Weston.

Great to see your detailed analysis and photoshoot.

YEAR 11



Well done Charlie B for all your amazing photography skills - Your personal possessions project is looking fantastic



Great work Natalie B for exploring the theme of personal possessions. Great development of ideas and we look forward to seeing some large scale work happening when you all return to school!



MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information

EATING DISORDER AWARENESS WEEK 2021

At Bristol Free School we want to support any student who struggles with body image and feelings about themselves. Our Mental Health & Safeguarding team is available for any student or family who wants to talk and share their concerns. The team are able to offer help through the School Nurse and School Counsellor including support referrals into the GP or CAMHS service as appropriate. For an appointment please feel free to email, call or visit when back in school. Dianne Foster (Medical & Safeguarding Officer) tellsomeone@bristolfreeschool.org.uk 01179597200



Ms Townsend, *Mental Health & Safeguarding Manager*



Mrs Foster, *Medical & Safeguarding Officer*

Eating Disorders Awareness Week 2021

#YouMightKnowMe

More people live with binge eating disorder than anorexia or bulimia.



Eating Disorders Awareness Week 2021

#YouMightKnowMe

Binge eating disorder will affect one in fifty people in their lifetime.





EATING DISORDER SUPPORT



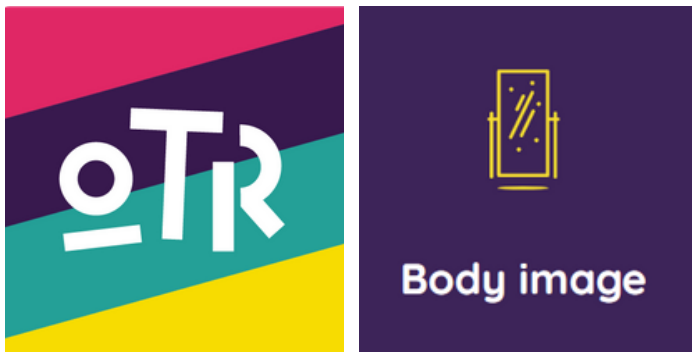
Beat provides services to encourage and empower people to get help quickly, equips family and friends with essential skills and advice and campaigns to increase knowledge of eating disorders and for better funding for treatment.

Services include online support groups, one to one webchat, and dedicated helplines for adults, young people, and students.

<https://spark.adobe.com/page/C8gozTvhNGb9y/>

Shameless is OTR's group for anyone aged 11-17 feeling impacted by issues around body image and low self-esteem. "Know your worth, find your power".

<https://www.otrbristol.org.uk/what-we-do/shameless/>



Whats going on? Find out more about Body Image with OTR.

<https://www.otrbristol.org.uk/whats-going-on-for-you/body-image/>



Young Minds - Coping with a eating disorder during a pandemic.

<https://youngminds.org.uk/blog/coping-with-an-eating-disorder-during-the-coronavirus-pandemic/>



BBC Newsround - Support and Information for Eating Disorders

<https://www.bbc.co.uk/newsround/17098920>



Next week we are celebrating...

#ChooseToChallenge International Women's Day Monday 8 March

Students and Staff are sharing their most inspiring female icons, keep an eye on our Instagram and Twitter throughout the week!

WHO INSPIRES YOU?



British Science Week! 5-14 March

We have so many exciting activities planned for next week for our students.

Want to get a head start? Have a look at our House Competition for Science Week on the next page - What Science Experiments can you do at home.

Why not have a go this weekend!





ASHTON



BLAISE



CANFORD



DURDHAM



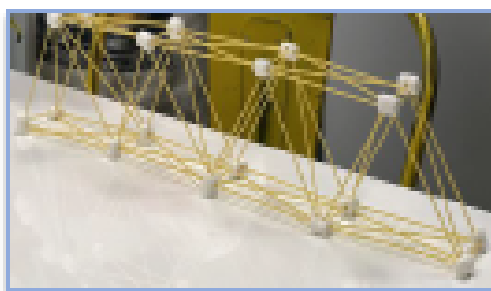
BRISTOL
FREE SCHOOL

House Competition for Science Week

What science experiments can you do at home?



Which liquids in your household are the most acidic? Find out by using Red Cabbage Indicator



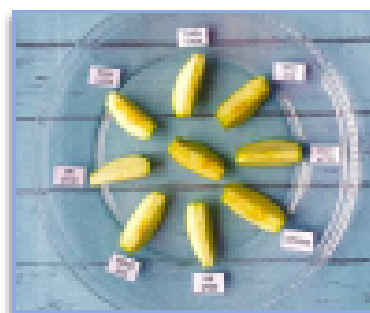
Can you make a bridge out of spaghetti and marshmallows?



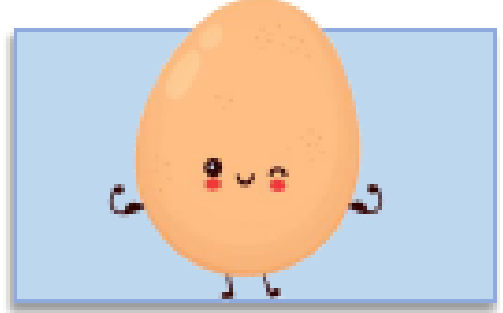
Can you make your own lava lamp?



What can you find out about the density of liquids?



What is the best solution to stop apples from turning brown?



Can you make an egg bounce?

To enter this competition, find a science investigation that you can complete at home. Conduct the experiment and send evidence (eg. photo diary or written piece) and upload to your House's assignment on Google Classroom.

There will be house points for all entries and extra house points for the most innovative experiment and those that really wow us!

Remember to join your House on Google Classroom using the following codes:

Ashton
dxudkyk

Blaise
txr6374

Canford
r6tdxo2

Durdham
xp66vxb