

## Bulletin

### PARENT GOVERNOR ELECTION - SPRING 2021





#### Parent Governor Election – The Result!

The Local Governing Body of Bristol Free School is pleased to announce that Nick Hester has secured the position as Parent Governor.

There were three nominations for one position so it was necessary to go to election. The deadline for parent/carer votes was midday on Friday 30 April and Nick was elected by Parents as a result of this ballot. Nick was previously a primary school governor and runs a small recruitment company. He is also a qualified youth football coach.

We would like to thank all three candidates for standing and all the parents who returned their ballot papers.

We welcome Nick to the Governing Body and look forward to working with him in the future.

#### LOG YOUR LATERAL FLOW TEST

PENNDER

It is extremely important for students, parents and staff participating in lateral flow testing, to report test results.Reporting your result helps the NHS monitor the spread of the virus, combat the virus and save lives. It also enables support to be given to communities across the UK.

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#### **KEY DATES**

 10- 16 May - Mental Health Awareness Week

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 7 June - Revised INSET Day

#### WATER BOTTLE REMINDER

We are seeing more and more students presenting themselves to Student Services complaining of headaches.

Please do remind them of the need and benefits of drinking water regularly throughout the day in order to function properly and perform to their full potential.

# MENTAL HEALTH & SAFEGUARDING



Mental Health & Safeguarding Support, Advice & Information

#### **NEXT WEEK IS MENTAL HEALTH AWARENESS WEEK**

Mental Health is something very close to my heart and that of Bristol Free School. We are seeing a growing number of students struggling with their mental health in school and know that there is a wider number of students who have yet to surface.

5 Ways to Wellbeing is a great way to encourage those that are struggling to self-help and build positive mental health.



Connection is about relating to one another and feeling understood. Speak to the people in your life, be it friends, family, colleagues or neighbours. Build new connections to expand your circles – this could be at work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Developing these connections will support and enrich you every day.



Giving includes many things – from showing goodwill and generosity of spirit to giving presents and giving up our time. Evidence suggests that 'giving back' or helping others promotes wellbeing for all ages. Why not do something nice for a friend, or a stranger. Thank someone. You could even volunteer your time with a charity or join an online community to give and receive peer support. The key to giving is to look outwards, as well as inwards. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Engaging in regular physical activity is known to go hand in hand with lower rates of depression and anxiety across all age groups. Not everyone needs to be a fitness fanatic to boost wellness through activity. Simply step outside, exercise your green fingers or organise a games night. You could go for a walk or run, cycle or dance. Exercise releases hormones that make you feel good. Most importantly, being active is about discovering a physical activity you enjoy and that suits your level of mobility and fitness.



Take stock of your surroundings, be curious, catch sight of the beautiful. Being in a state of 'mindfulness' has been shown to be associated with a positive mental state. Greater awareness of the world around us helps us see the unusual and notice simple pleasures like the changing seasons. Savour the moment, whether you're walking to work, eating lunch or talking to friends. Be present to your feelings and environment. Reflecting on your experiences will help you appreciate what matters to you.



Learning something new is good for your brain and often exciting for the learner. Trying something different, rediscovering an old interest or signing up for that course you've always wanted to do can also improve confidence and widen your skillset. Take on a new responsibility at work, do some arts and crafts or pick up an untried recipe. The challenge and enjoyment of learning new things gives a sense of fulfilment that is second to none.



Week!

Please also feel free to contact us at school or via tellsomeone@bristolfreeschool.org.uk email address

#MentalHealthAwarenessWeek2021

Mental Health Awareness Week 2021

### Take Action Get Active

30 minutes a day, your way.



## **BRISTOL WALKFEST**

This year, Bristol Walk Fest has adapted its programme of walks to make more available online and to download for free via the walking app Go Jauntly, encouraging Bristolians to get out safely with friends and family, reconnect with their city after lockdown and benefit from the improved physical and mental wellbeing that walking brings.





BRISTOL

With nearly 100 walks showcasing the Best of Bristol for everyone to enjoy on their own or with others, there is something for all ages, interests and abilities across the city.

Bristol City Council is also marking the occasion with the launch of more than 60 curated Bristol walks on the Go Jauntly app. The council's new partnership with the app will allow Bristolians to uncover walks and enjoy the outdoors from their doorstep, using a variety of routes that can be downloaded and previewed. Based on your location, simple photo guides lead you around urban areas and surrounding wildlife, from green spaces to historical sites to community gardens.

Some of the new walks available for 2021 include:

- A Black History Tour in Bristol Discover some local black history on this wander through the Montpelier and St Pauls neighbourhoods in Bristol.
- Bristol Wanderlust Walk A stroll through Bristol taking in some of the best instagrammable spots in the city. Great for getting that perfect travel shot!
- Bristol Street Art Tour Explore some of the amazing, colourful street art of Bristol. Includes pieces by Banksy and many other well-known artists.



## PE EXTRA CURRICULUM



Please complete this form to register your child for Extra Curriculum PE provision.

https://forms.office.com/r/7Gxh7NhRVF



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

Language Ambassador badges have started being distributed by Miss Rowden! All Language Ambassadors should wear these badges with pride on their blazers and should be proud of their engagement and enthusiasm with the scheme so far. If you have been involved regularly with the scheme and have not yet received your badge, Miss Rowden will be in touch with you soon! Otherwise, feel free to drop in to DF15 to pick one up.

Miss Rowden (MFL Teacher)







MILA, Y8

#### **PORTUGUESE!**

Portuguese is one of the most spoken languages around the world, and is spoken in many places including: Brazil, Mozambique, Angola, Portugal, Equatorial and many more! The language is influenced heavily by Arabic. In the Portuguese alphabet, there are 23 letters meaning the letters k, w and y are missing because they only appear in foreign words (they were finally added in the alphabet in 2009). It would take you approximately 600 hours of studying, for six months, to speak fluently in Portuguese. Did you know that "exceção" (which means exception) is hard to say because the letter "x" is a big problem for the people who want to learn Portuguese

#### Here are some words in Potuguese!

- Obrigado = Thank you
- Olá= Hello
- Eu sou um menino/uma menina= I am a boy/girl
- Eu falo português= I speak Portuguese
- Ele não come pão= He does not eat bread

#### Numbers 1-10

- 1=Um
- 2=Dois
- 3=Três
- 4=Quatro
- 5=Cinco
- 6=Seis
- 7=Sete
- 8=Oite
- 9=Nove
- 10=De
- Or, 1=Uma,
- 2=Duas for feminine



#### INTERNATIONAL PHONETIC ALPHABET (IPA)

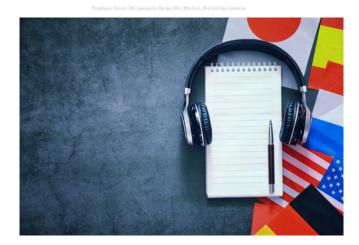
A word is produced through sounds, made through vibrations in your vocal chords and air being pushed in different ways through your mouth. Many combinations of these then produce different sounds which make up every word spoken by mankind. Though with the different symbols in different languages for different words and sounds, it was hard to visualise these specific sounds until the International Phonetic society came up with the International Phonetic Alphabet compiling the different sounds within languages and arranging them into an International Phonetic Alphabet so that individual words in any language could be written in a normal format and written so that another person could pronounce the word if they knew the IPA. For example the English word cat would be spelled (using the IPA) as: /kæt/.

This is useful because the word 'a', for example, can be pronounced in different manners but only one of these ways is correct when saying cat, this would therefore make it easier for a learner to understand a word through the knowledge of how one pronounced it. This can also be used in other words in other languages so one can pronounce any word using the IPA. To the right is the official graph explaining the different sounds and their respective symbols. If we focus on the top table we can see an array of different symbols that represent different sounds and are split into separate categories. For example, the nasal category, which suggest that the symbols in that row are produced through the nose. These include sounds like 'm' and 'n'. Another thing you may see are these white gaps and grey gaps, the white gaps indicate sounds that can be produced by human speech but because they have not been seen to be used in any language on earth they have not been given a symbol. As for the grey slots, these indicate sounds that could not be produced physically by humans and are therefore not classified as human sounds.

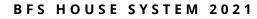
THE INTERNATIONAL PHONETIC ALPHABET (revised to 2015)

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## BLAISE HOUSE

Senior Leader: Mr East

Student Head of House: Jacob

Sixth Form House Leaders: Emma, Stacey, Lily and Will

#### **#TeamBlaiseHouse**

#### INTRODUCING BLAISE HOUSE CHOSEN CHARITY:

Mr East, SLT Jacob, Head of House

#### WHAT DO THEY DO?

Children's Hospice South West cares for children with life-threatening conditions by providing children's hospice and professional family support services. They are dedicated to making the most of short and precious lives through the provision of the best possible hospice care for children and young people with life-limiting conditions. The care is not just about medical and nursing support for sick children, but enriching lives of the children and their whole family.

#### WHERE ARE THEY BASED?

Wraxall



# children's hospice







Student Head of House: Katie

Sixth Form House Leaders Will, Emily, Ben and, Molly

Mr Walker, SLT

Katie, Head of House

#### **#TeamAshtonHouse**

#### INTRODUCING ASHTON HOUSE CHOSEN CHARITY:

St Peter's Hospice is a local charity that provides care and support to adults who are living with a progressive life-limiting illness (including cancer, heart failure, lung disease and neurological illnesses) in the Bristol area. The Hospice aims to improve the patients' quality of life by supporting the physical, psychological, social and spiritual issues that can arise as a result of serious illness.

#### WHERE ARE THEY BASED?

Brentry



Registered Charity: 269177

## 🚺 St Peter's Hospice





## DURDHAM HOUSE

Senior Leader: Mrs **Jenkins** 

Student Head of House: Faith

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

INTRODUCING **DURDHAMS HOUSE CHOSEN CHARITY:** 

Faith, Head of House

#### WHAT DO THEY DO?

Mrs Jenkins, SLT

The RNLI is an essential life saving service. Unlike the NHS, Police and Fire Services, these everyday heroes are not funded by the Government and rely on the generosity of the public to keep this essential service going.

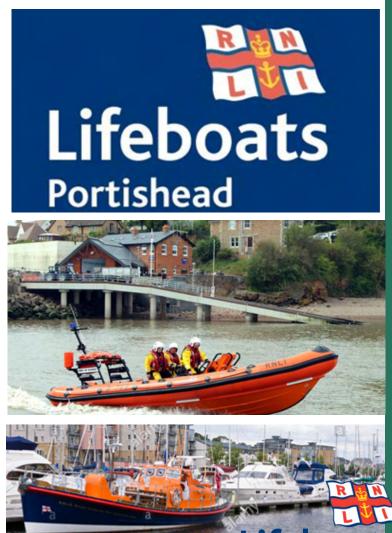
#### WHERE ARE THEY BASED?

Portishead Lifeboat station

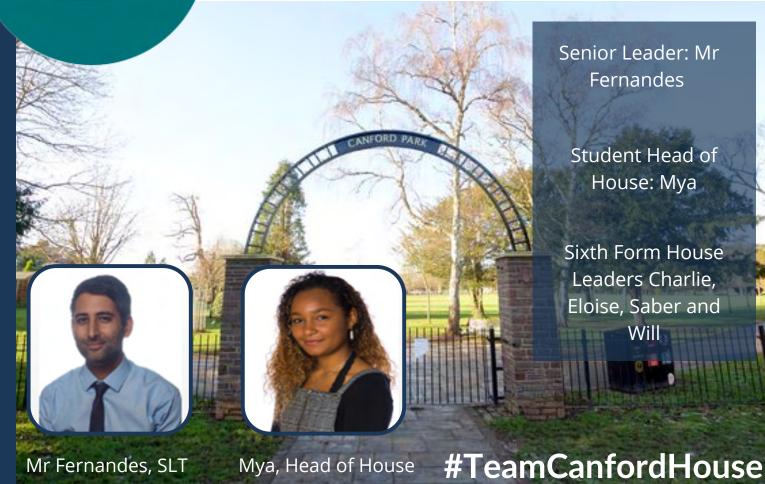




### #TeamDurdhamHouse



## CANFORD HOUSE 🧲



Mr Fernandes, SLT

Mya, Head of House

#### INTRODUCING **CANFORDS HOUSE CHOSEN CHARITY:**

#### WHAT DO THEY DO?

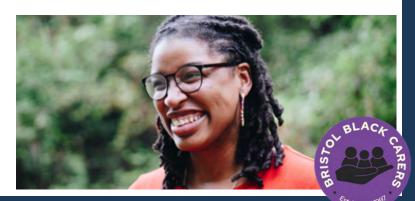
Bristol Black Carers is a charity that has supported and empowered carers across the whole of Bristol for the last 25 years by providing sensitive and culturally appropriate services. There are over 500,000 BAME carers in the UK, yet, many do not even identify with the term "carer". It's natural and expected within those communities for families or friends to look after loved ones. Active outreach is needed to provide them with the assistance they undoubtedly need.

#### WHERE ARE THEY BASED?

Broadmead







Registered Charity: 1084980

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#### INSTAGRAM: @BRISTOL FREE TWITTER: @BRISTOL FREE FACEBOOK: @BRISTOLFREESCHOOL1

