

# Newsletter

Dear Parents, Carers and Students

This has been a week of mixed emotions at BFS. The high notes this week have been:-

## CLASSROOM TO 5K

The fantastic uptake of Year 7, Year 8 and Year 9 with the Couch to 5K at tutor time led by Mrs Ballard. Well done everyone!



## DUKE OF EDINBURGH

The really high levels of participation with the bronze, silver and gold Duke of Edinburgh Awards. The outdoor expeditions have started and students are really enjoying being outdoors together. Special thanks to Mr Wieczorek and Mr Ellis.



## Y10 AND Y11

Year 10 who have now completed their end of year exams and have been excellent role models for the younger students - we are so proud of them!

Year 11 who have started their A level bridging lessons and employability workshops. It has been great to see them without the pressure of assessments!



Obviously the less good news is the rising COVID rates in Bristol particularly amongst primary and secondary age children. The Prime Minister's announcement on Monday, although expected, was very disheartening and a blow to many of our plans this term. Cancelling the Summer Ball was a low this week. After careful thought we hope Year 11, once the disappointment has passed, will appreciate that a Winter Ball will be an opportunity for the 'Class of 21' to meet up again and share their experiences after two terms of post 16 education.

The Delta variant in Bristol has been rising in secondary schools this week. We are not out of the woods yet and despite the fatigue with the pandemic we need to remain vigilant, follow the hands – face – space and take regular Lateral Flow Tests on Sundays and Wednesdays.



**HANDS**



**FACE**



**SPACE**



**FRESH AIR**

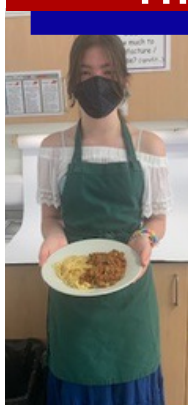


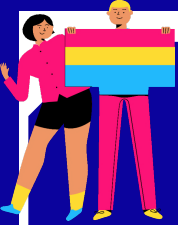
On a more positive note I would like to explain a new newsletter feature and challenge that we are launching.



Over the next year we would like to encourage everyone to share and pass on their favourite recipes that they enjoy cooking and eating. We think this is a way to celebrate the diversity of our school community, champion the importance of cooking food from natural seasonal ingredients and get us all cooking more. I want all students to leave BFS knowing how to cook using healthy ingredients. We would like to produce a BFS cookbook next summer which includes some of the popular recipes. This will be released in time for our tenth anniversary as a school. More details will be included, in future newsletters and we will be encouraging students, parents and staff to get cooking and sharing what they cook!

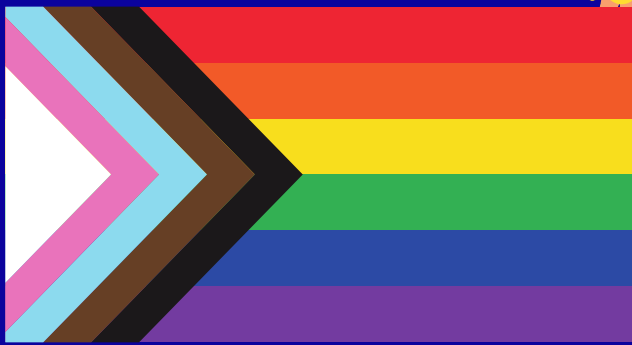
I hope you enjoy your weekend.





## NON-UNIFORM DAY!

BFS will be joining in with School Diversity Week, and we are showing our support by dressing up on Rainbow Day - Friday 25 June. We encourage all students to wear a colour – or several colours – of the Progress Flag below.



Students will have the opportunity to take part in different discussions and activities within their tutor groups, attend masterclasses and lots of lesson activities.

**MONKHOUSE**  
Schoolwear Specialists



## SCHOOL UNIFORM SHOPPING

As term draws to a close, we're already looking ahead to September. Our uniform provider Monkhouse wants to remind parents/carers that the best way to ensure your child has all the uniform they need in good time for the start of the school year is to shop early, if this is possible for you.

Please book your appointment with Monkhouse now, preferably choosing an appointment in July or Early August.

Thank you for understanding. We know not all parents are able to shop early, but the challenges posed when large numbers of families shop in the last two weeks of August is something we are all keen to avoid. After what has been an interesting school year, please help us to help you to ensure we all return in September raring to go!

## VIRTUAL OPEN DAY - SATURDAY 26 JUNE



City of Bristol College Digital Open Event will run from 10am to 1pm on Saturday 26 June. This is your opportunity to hear more about our wide range of courses and talk to us about your next steps. To attend the Open Event, please email [rebekah.wilkins@cityofbristol.ac.uk](mailto:rebekah.wilkins@cityofbristol.ac.uk) or visit their website <https://www.cityofbristol.ac.uk/events/open-event-26-june/>

You'll be able to:

- Find out about College programmes from tutors and lecturers and ask your questions
- Get support with your application
- Speak to specialist staff about your career options
- Find out about financial support available to you

## KEY DATES

- 21 June - Y7,Y8 In-class Assessments
- 25 June - Rainbow non-uniform day
- 29 June - Y9 Assessments, fortnight start
- 30 June - Year 8 Vaccinations
- 5-7 July - Y12 Pastoral days
- 7 July - Y10 Careers day
- 12-13 July - Sports day (school only)
- 13 July - STEM day



# BFS DUKE OF EDINBURGH

## **DofE – Year 10 Bronze DofE Practice Expedition on Saturday 19 June 2021:**

We are looking forward to our practice expedition for Year 10 Bronze participants which is taking place tomorrow. All participants will need to take a lateral flow test at home this evening or early tomorrow morning and be ready to confirm/show the result on arrival at the meet point. In case we do have a sunny day, please ensure that your child is able to take the necessary precautions ie. apply sun cream, wear a hat and bring plenty of water.



## **DofE – Year 9 Bronze DofE Practice Expedition on Sunday 4 July 2021:**

Year 9 Bronze participants are due to complete their practice walk on Sunday 4 July. Please ensure you have given your consent and completed emergency contacts info via ParentPay (payment item 2326796) as soon as possible. Please also ensure your payments are up to date (payment item 2228872); the final payment was due on 1 June 2021.



## **DofE – Year 11 Silver DofE Qualifying Expedition from Saturday 3 July to Monday 5 July 2021:**

Year 11 Silver participants are due to complete their qualifying walk from Saturday 3 July to Monday 5 July. We will be opening the sign up item in ParentPay next week, so please look out for it and ensure you sign your child up for it as soon as possible. Please also ensure your payments are up to date (payment item 1853541); the final payment was due on 1 June 2021.



## **DofE – Year 12 Gold DofE Practice Expedition from Thursday 8 July to Monday 12 July 2021:**

Year 12 Gold participants are due to complete their practice expedition from Thursday 8 to Monday 12 July. We will be opening the sign up item in ParentPay next week, so please look out for it and ensure you sign your child up for it as soon as possible. Please also ensure your payments are up to date (payment item 2230086); the final payment was due on 1 June 2021.



## **DofE – Year 13 Gold DofE Qualifying Expedition from Thursday 8 July to Monday 12 July 2021:**

Year 13 Gold participants, who have already completed their practice expedition, are due to complete their qualifying expedition from Thursday 8 to Monday 12 July. We will be opening the sign up item in ParentPay next week, so please look out for it and ensure you sign your child up for it as soon as possible. Please also ensure your payments are up to date (payment item 1857291); the final payment was due on 1 June 2021.





# BFS PRIDE



MISS ROBERTS

## CALLING ALL ALLIES!

Have you ever thought 'I'm not part of LGBT+ community so Pride Month has nothing to do with me'?

Now ask yourself these questions. Do you believe that people should be treated with respect regardless of their sexuality? Do you believe that everyone should be treated equally regardless of their gender identity? If you've answered yes to both of these, then Pride Month has absolutely everything to do with you. You may not know it, but you're on your way to being an ally.



An LGBT+ ally is a heterosexual and cisgender person who supports equality and inclusion of the LGBT+ community. They believe everyone has the right to dignity and respect and will challenge homophobia, biphobia and transphobia. Allies are incredibly important to the LGBT+ community, so, what can you do to be an active ally?

### LISTEN

Be approachable and kind and allow others to be completely themselves around you. Be someone who others feel they can 'come out' to, and openly share their sexual orientation or gender identity with you without fear of judgement or rejection. Listen to their personal stories and ask questions in a respectful manner.

### CHALLENGE

Call out discriminatory comments or remarks that others make. This can be incredibly difficult, especially when it comes from your friends. If you hear discriminatory comments, even if meant as a joke, let it be known that you find those comments offensive and that they are unacceptable things to say.

### LEARN

Learn about the LGBT+ terminology, history and the struggles that the community still faces around the world today, in order to fully support your LGBT+ friends and loved ones.



# DON'T MAKE ASSUMPTIONS

Don't assume someone's gender or pronouns, and don't assume that everyone you meet is straight or cisgender. LGBT+ people do not look a certain way. Ask what pronouns someone would prefer you to use (he/his, she/her, they/them, etc.) and respect these. Use more gender-neutral language like 'partner', before assuming someone has a boyfriend or girlfriend. Someone close to you could be looking for support, and not making assumptions will give them the space they need to be their true self and open up to you in their own time.

# KNOW

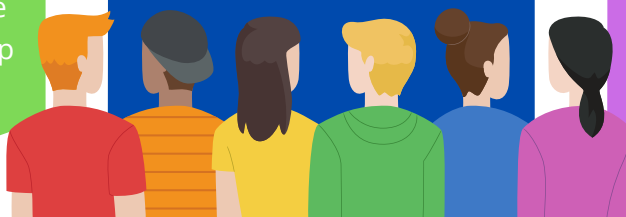
Know that you will not always get it right. If you misgender someone, or misuse someone's preferred pronoun, apologise, and ask for guidance. Let them know you're learning, and you're trying to get it right. Accept that you will make mistakes!



# REFLECT

This Pride Month, reflect on what you can do to be a better, more active ally in our school community.

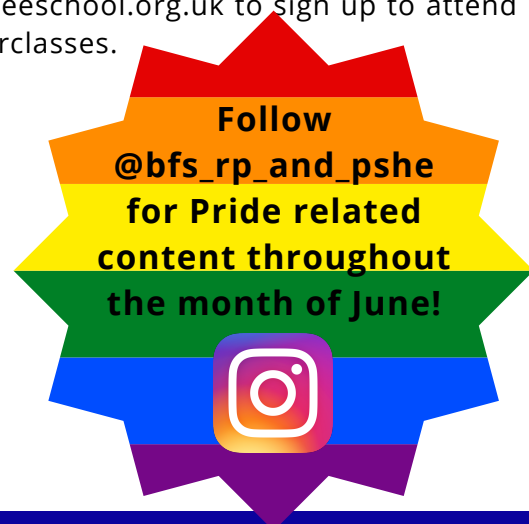
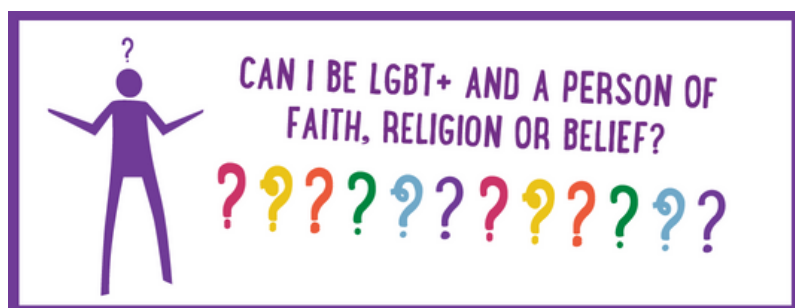
Get in touch with Miss Roberts in DF18 with your ideas for how we can make Bristol Free School an even more LGBT+ inclusive environment!



Join Miss Roberts in DF18 for the following masterclasses broadcast live:

- Years 9 and above: Tuesday 22nd June from 15:30-16:20: Lord Michael Cashman - How have LGBT rights changed in the UK?
- All year groups: Wednesday 23rd June from 15:30-16:30: Interfaith panel - Can you be a person of faith and be LGBT+?

Places are limited due to social distancing restrictions. Please email [a.roberts@bristolfreeschool.org.uk](mailto:a.roberts@bristolfreeschool.org.uk) to sign up to attend one or both of the masterclasses.







# GET CREATIVE FOR PRIDE MONTH WITH THE NATURAL HISTORY MUSEUM



## The theme for June is colour in nature

As June is Pride month, we're celebrating the beautiful diversity of nature and going colourful. So this month we'd love to see paintings, drawings and stitching of as many rainbow animals, plants and minerals as possible!

You can draw, paint or sculpt - anything that shows off your artistic side. No matter your experience, we want to see what you're creating.

Learn more here: <https://www.nhm.ac.uk/events/nature-drawing-club.html>



LUCY, Y11

## OUR COMMUNITIES LGBTQ+ ICONS



MISS ROBERTS

There are countless queer icons that inspire me but one of the most influential in queer history would have to be **Marsha P Johnson**. She said the 'P' in her name stood for 'pay it no mind' and used this phrase when people would comment negatively on her appearance. Marsha was well-known across the LGBTQIA+ community in New York City at the time, mostly for her sincerity, passion, and cordiality within the community. Johnson was a self-identified drag queen and one of the most prominent advocates for gay rights in the 20th Century. In June 1969, she helped lead the Stonewall Uprising alongside many other queer icons at the time - including her close friend Sylvia Rivera. It is widely reported she was not at the Stonewall Inn (a gay bar in NYC) when the police went undercover and excessively and brutally raided the bar. However, she heard about it and discussed it with Rivera. Their shared anger regarding this injustice allegedly provoked Johnson to be the first person to throw a brick at the police and aid the reignition of the Gay Liberation Movement

My two icons would be:

**Marsha P Johnson** for her instrumental role in the Stonewall Uprising of 1969, and for her commitment to helping the homeless transgender youth community.

**Gareth Thomas**, the first openly gay professional rugby player, for using his platform to dispel myths surrounding HIV and address the stigma still attached to this.



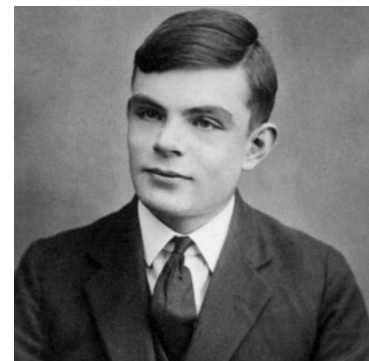


**Who are your LGBTQ+ icons?** Alan Turing

**Who from the LGBTQ+ community inspires you?**

Graham Norton

**Do you have any ideas of how we can show acceptance and support?** Make colourful cakes and share them with everyone.



## BFS STUDENTS LGBTQ+ ICONS

- **Aiden Thomas** - They're literally one of the best authors and they're so kind and amazing
- **Girl in red** - For normalising LGBTQ+ in music and media

**Hayley Kiyoko** - For normalising LGBTQ+ in music and media

**Stephanie Beatriz**

**Hunter Schafer**

**Ben Platt** - for being so open about his sexuality

**Marsha P Johnson**

**Owen Hurcum**



My LGBTQ icon is **Kate Richardson-Walsh**. Kate captained the England and Great Britain Women's hockey team, winning a Bronze medal at the London 2012 Olympics and Gold at the 2016 Rio Olympics.

Kate recently resigned from The World Hockey Athletes Committee – after Oman, a country where being LGBTQ is illegal, were awarded the hosting of an international tournament.





# BFS CAREERS

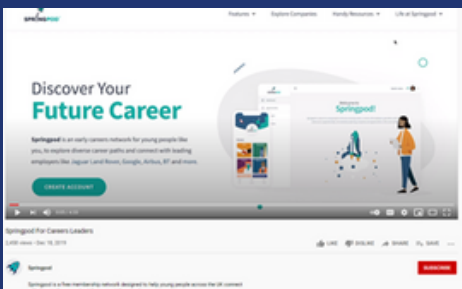


**MR  
PARRY**

HEAD OF BUSINESS AND  
CAREERS LEADER

Careerpilot

unifrog



## Pathways into Medicine Conference

**Time:** Jun 25, 2021 09:15am

### Join Zoom Meeting

<https://us02web.zoom.us/j/715502037>

**Meeting ID:** 715 550 2037

**Passcode:** Postgrad

## WELCOME

### CAREER EVENTS AND OPPORTUNITIES

#### Career Resources

There is plethora of online career resources, which can sometimes be confusing for students and parents on where to find information. We have embedded the use of Careerpilot and Unifrog into our careers education at Bristol Free School, so students should be comfortable using these platforms.

Recently we have partnered with Springpod, which is an online careers platform where students can experience the world of work and university before they apply. There are excellent virtual work experiences and information about a wide range of careers and apprenticeships. The website is very easy to navigate for parents and students. We will be promoting the site to students in school, but please feel free to sign up as parents too.

<https://www.springpod.co.uk/>

<https://www.springpod.co.uk/get-started>



There is a short video created by springpod, which outlines the main benefits and features of the website- <https://www.youtube.com/watch?v=5HXsg71TGSM>



### North Bristol NHS Trust VIRTUAL PATHWAYS INTO MEDICINE CONFERENCE 2021 Friday 25 June 2021

More details of this event were in the previous newsletter, but just a reminder that Southmead Hospital are running a virtual conference; the conference is designed for pupils considering a career in medicine

There is no need to let them know in advance if you are attending. Please see the zoom link and passcode below.

If you have any questions about the event then please contact- [linda.summers@nbt.nhs.uk](mailto:linda.summers@nbt.nhs.uk)



#### The Nursing Pathways Programme:

Health and Care employers from across Bristol, North Somerset and South Gloucestershire are running a one-week Nursing Pathways Programme. This programme aims to give students in Years 9-13 an overview of a variety of roles within the nursing career pathway, covering Adult Nursing, Learning Disability Nursing and Community Nursing, as well as the employability skills relevant to the health and care sector. During the programme, you'll meet professionals in these areas from local employers and be able to ask them questions. You'll also complete assignments and quizzes throughout to deepen your learning. If you complete the full programme, you'll receive a certificate.

For more information and to sign up to the programme-  
<https://www.springpod.co.uk/experience/nursing-pathways-programme>

Speakers for Schools has a vast array of recorded and live talks. Any students wishing 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 recorded so students can always access them at a later date. Please see the schedule for next week and details below:  
<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>



**SPEAKER:** Robert Elsey, CIO, Executive Director for Technology, Bank of England  
**DATE:** Tuesday 22 June  
**TIME:** 14:00 – 15:00  
**YEAR GROUP:** KS4-5 / S4-6



**SPEAKER:** Nicolas Cary, Co-Founder & Vice Chairman, blockchain.com  
**DATE:** Thursday 24 June  
**TIME:** 10:00 – 11:00  
**YEAR GROUP:** KS4-5 / S4-6



**SPEAKER:** Leigh Thomas, Director, Global Clients and Categories, EMEA, Facebook  
**DATE:** Thursday 24 June  
**TIME:** 14:00 – 15:00  
**YEAR GROUP:** KS4-5 / S4-6



**SPEAKER:** Will Young, Pop Star, Actor and Author - In Partnership with Penguin  
**DATE:** Monday 5 July  
**TIME:** 10:00 – 11:00 or 14:00 – 15:00  
**YEAR GROUP:** KS5 / S6 Only

## Virtual Work Experiences

Please see the links and information for virtual work experiences in the previous newsletter. We would recommend that in particular Year 11 and Year 12 students take advantage of these experiences.

Students can register for some virtual work experience opportunities through this website (they will need to use their school email address when they sign up)

<https://www.speakersforschools.org/experience-2/vwex/>  
<https://www.s4snextgen.org/students/Take-Part?id=0&id3=0>







# MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager

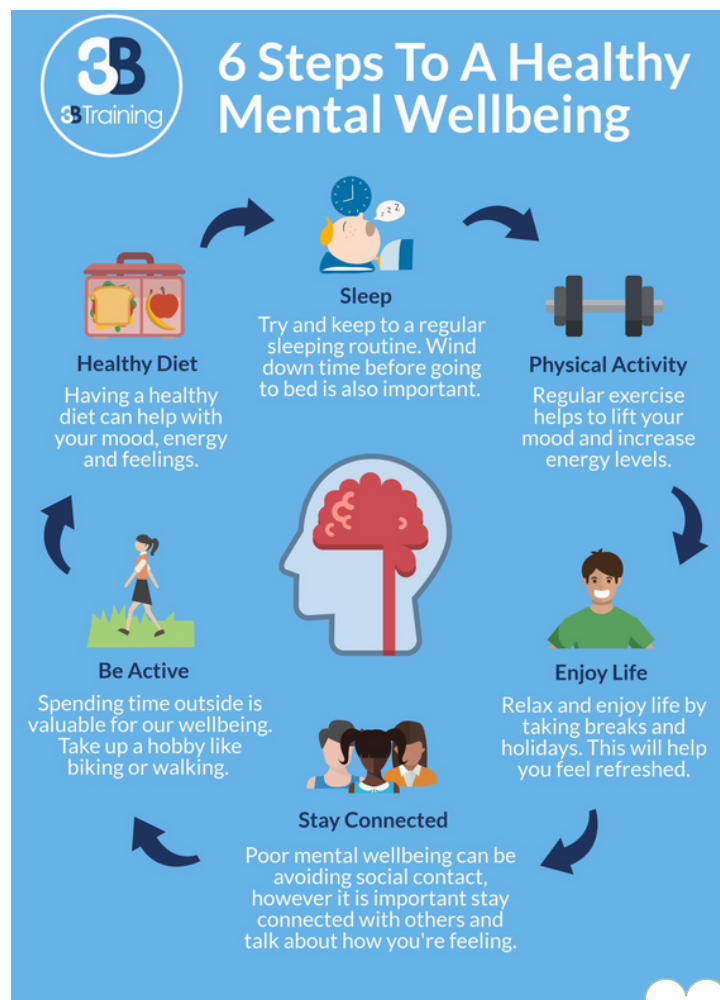
## WORLD WELLBEING WEEK - 21-30 JUNE

Now more than ever the World needs a wellbeing week! In its third year, it provides Bristol Free School with the opportunity to promote awareness of social, physical, emotional, financial, career focused, community or environmental wellbeing.

Wellbeing is the state of being comfortable, healthy or happy. How do we achieve this? It is simple to get wellbeing into our daily diet. It is something that flows through simple things like spending time with people that make a positive contribution to your life, being outside enjoying your environment and living in the moment.

If someone in our school doesn't feel connected with their wellbeing, ask them to drop by DF29 to have a chat. We can work on ways to make our wellbeing a priority together.

Do feel free to email [tellsomeone@bristolfreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk) if you would like to talk through further.



## HOW WE CAN ACHIEVE THIS:

### HOW TO IMPROVE YOUR MENTAL WELLBEING

Explains what mental wellbeing means, and gives tips to help you take care of your mental wellbeing.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>



### 9 TESTED TIPS TO IMPROVE YOUR WELLBEING AND QUALITY OF LIFE

Here are a few effective and tested ways that can help you improve your wellbeing:

<https://wellbeing-project.org/improve-wellbeing/>



### 5 STEPS TO MENTAL WELLBEING

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>



# BFS ENGLISH POETRY SLAM

The English department have been delighted with our Year 8 classes for effectively engaging with our new 'speak out' poetry unit. The previous term has seen students immerse themselves with a wide selection of contemporary poets, such as Caleb Femi, Gillian Clarke, Brian Bilston and Bristol based Vanessa Kisuule. Our poetry has promoted fantastic and healthy debate about issues important to our students – family relationships, earliest memories, the Colston statue, sports, and media bias to name just a few – which has in turn inspired them to craft poems of their own.

All of this led to an online poetry slam on the last day of term. Each class proudly reading their poems to peers from other classes to showcase the fantastic skills they've developed over the course of the term – some being more camera shy than others! Overall, the English department were thoroughly impressed with the maturity, passion, and autonomy shown by our classes. Whilst there were far too many excellent entries to include them all, we hope you enjoy a selection of some of our favourites.

## BLANKET - BY TIA

Not an itchy blanket or cold.  
I give you a blanket  
it's warm and cosy.  
It promises security  
Like a bodyguard in a shop  
Here

It will keep you safe  
like a mother.  
It will be there in the morning  
and before you go to bed.  
I am trying to be truthful  
Not a duvet or pillow.  
I give you a blanket.

It's soft and cosy  
like a bed  
as it sits  
for as long as you need it

It's a mum that  
protects you.  
Comfy.  
It's a bodyguard.

## TOO MANY – BY KAIRA

She holds her keys tight  
Object to weapon  
Woman to object?  
Does she blend into the lampposts?  
Just another thing to hold graffiti  
No  
She knows eye contact is no invitation  
Do they?  
Not all men  
But too many women  
Imagine she is your daughter, you tell her to  
be careful but neglect to civilize your son  
Actions are taught not thought  
No is not an abbreviation for try again,  
chase me, yes  
No is simple  
No: to deny or refuse something  
Keep that, hold it as if it were your keys,  
remember it, use it as a weapon, listen to it  
I will not neglect to utter women are not  
alone  
Men are not the only predators  
There are more  
Too much  
Too many



# HOLLOW BY 8Y2

The reason I hate going to school  
As if I were a suspicious imposter  
Yet, I couldn't get out  
I was thirteen and my heart was hollow  
With the waves of the ocean  
As the wind blew  
Spirals of chaos spun away into thin air  
Caught up in the blanket you call the  
sea,  
or a torture

I try to think further back, my kids  
growing  
They all wanted to become supernovas  
Part of me is still doubting, but I still feel  
my rising anger  
Placing a hand on my shoulder  
It makes you wonder what for?  
But then her flame disappeared and  
time ran out  
To the tip of their sore feet

Watch the world spin round the biggest  
and brightest stars  
I felt like I was at life's summit  
I looked up to see no light  
But cold metal bars  
The ones with the horrors

Remember the hurt in her eyes  
This is truly far from home  
I still don't know what it was for  
My throat was dry like ashes

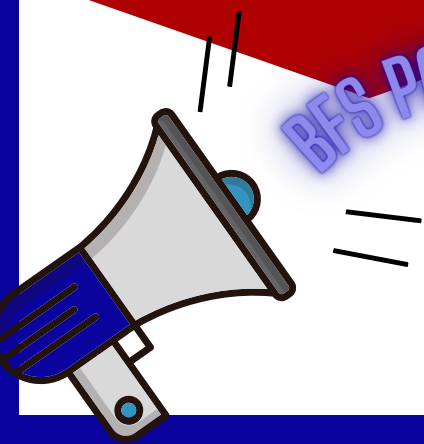
Amazing life that flows on  
The chimes soft as silk  
There was a happiness within her  
I had heard it way too many times,  
It echoed around my brain of thirteen  
We won't forget  
When I was hollow



# PALINDROME – BY DAVID

Palindrome the act of thinking carefully  
You have to know what you are doing  
You can express what you are feeling  
But it is trial and error  
Rest assured it is going to be very tricky  
But you have to remember that people have  
opinions and won't agree sometimes  
It is very easy to say what you are thinking and  
get carried away  
You can describe the words and what is wrong in  
anyway  
Through repetition and thought  
Change minds change thinking  
This style of writing is very strange yet powerful  
Mistakes have been made but they are hidden  
Crossing out and rethinking  
But it seems perfect in a way  
When you look back and see the mistakes  
It will be astonishing

BFS POETRY SLAM







# CLASSROOM TO 5K

A fantastic achievement so far from all students! 242 Key Stage 3 students have taken part this week!!

Come and join Mrs Ballard on the MUGA for one morning tutor session a week. We will work through a progressive 15/20 minute programme with the aim to run up to 5000km by the end of the school year. You are competing against yourself and challenging yourself. There will be an element of competition but the most important thing is that you are active and able to achieve a goal.

Register with your tutor then come straight to the MUGA. You will then go straight to lesson 1 at 9am. If you don't have PE on that day, all you need to bring is trainers. Please sign up online as you would for extracurricular activities through this link: <https://forms.office.com/r/ETd9FwGEhR>

Any questions please let Mrs Ballard know. Check out some action shots below! All staff and students welcome.





# BFS MFL THE LANGUAGE AMBASSADOR SCHEME



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



## SIGN LANGUAGE

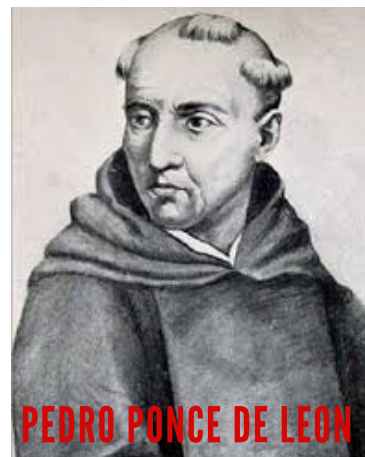
I'm not fluent in sign language, I know a few words and phrases but I find it to be an interesting topic to learn about, so here are a few things about it:

A man named Pedro Ponce de Leon was the first person to be credited for the creation of a formal sign language as a way to communicate with those with hearing impairments. Pedro was a 16th century Spanish Benedictine monk. The first sign language was Old French sign language in the 18th Century.



RUBY, Y9

**Did you know:** Sign language is the 4th most used language in the UK. Each country has different signs for words. ASL (American sign language) is different from BSL (British sign language). ASL needs only one hand to perform whereas BSL uses both. Even though the basic structure of the English language is the same in the US as in the UK, their sign languages are different. Some people may use fingerspelling, a simple way to form the shapes of letters with their hands, as a way to communicate instead of the BSL alphabet.



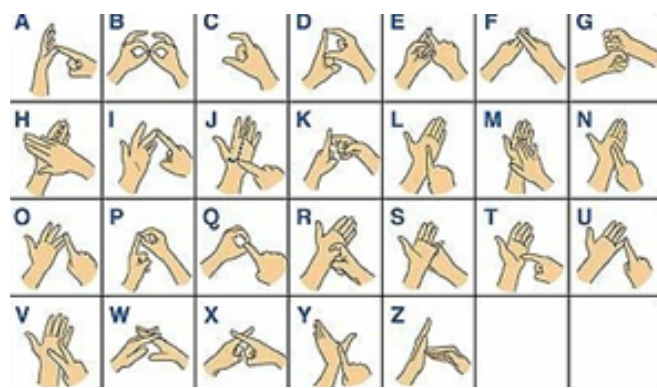
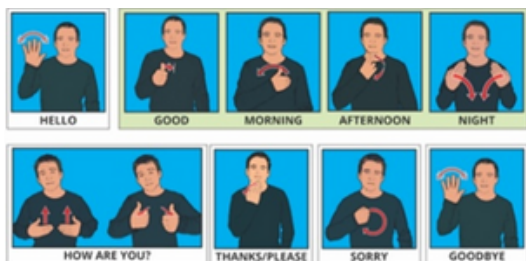
Sign language isn't actually as difficult to learn as you might think. Learning sign language has the same benefits as learning any other language (French, Spanish etc.) Even knowing a few phrases would introduce you to a whole new community, it would also introduce you to the issue of deaf awareness. It helps improve your body language skills, your communication, and you become more diverse. Also, you will be able to try and help when required. It's all around us and can be used any time.

One aspect of sign language is name signs. This is a simple way for someone in the deaf community, or friends to be able to sign your name without having to spell it out each time. It can take days or weeks for the deaf community to assign you a name sign. It will usually reflect your personality. For example, if you're a bright or bubbly person, your name might be "sunshine" or "happy", it can sometimes reflect your appearance, so "curly hair" or "beard".



Even though sign language is primarily just the use of your hands, facial expressions play a fundamental role in the communication of others. With spoken languages, rhythm and tone are a big aspect and are present while speaking. So, for sign language, facial expressions present that rhythm and tone.

Here are some simple words:





# FRIENDS OF BRISTOL FREE SCHOOL

Friends of Bristol Free School (FoBFS) is Bristol Free school's PTA, which has been supporting the school since its beginnings. Now a registered charity, our Committee, supported by you, the pupils, their parents/carers, families, teachers, and the local community, continues to raise thousands of pounds for the benefit of the school and the pupils each year.

Although it is still a difficult time to raise funds, we were pleased to be able to provide the school with a cheque for over £8500 towards these good causes.

- Christmas trees
- Student prize vouchers
- Wellbeing room
- House trophy display cabinet
- Tumps development (over £6000)



**DUDLEY TRUAMAN**  
**CHAIR OF FOBFS**

## HOW TO RAISE FUNDS FOR FOBFS

YOU CAN RAISE FREE DONATIONS FOR FOBFS WHEN YOU PURCHASE PRODUCTS OR SERVICES ONLINE.

EASY FUNDRAISING - OVER £1000 RAISED BY 73 SUPPORTERS  
AMAZON SMILE - NEW FOR 2020, 31 SUPPORTERS HAVE SIGNED UP SO FAR

## SIGN UP FOR FREE!

It's Simple! Please visit the below links to help raise money for BFS

<https://smile.amazon.co.uk/>

<https://www.easyfundraising.org.uk/causes/fobfs/>



### BRISTOL YOUNG HEROES AWARDS 2021

The awards aim to shine a light on those who have overcome difficult circumstances, made a difference to the lives of others, or achieved something extraordinary.

The awards culminate in a special gala awards night for the young people and their family and friends to enjoy

To vote please follow the link here:

<https://communityofpurpose.com/projects/bristol-young-heroes-awards/>

## NOMINATIONS ARE NOW OPEN

CELEBRATING THE LIVES OF YOUNG BRISTOLIANS DOING GREAT THINGS IN OUR COMMUNITY

Do you know a young Bristolian aged 11-19 who has overcome difficult circumstances, made a difference to the lives of others, or achieved something extraordinary in the past year?

We have nine award categories and a Team Hero award. Nominate yourself or someone else today.

To find out more information visit [www.communityofpurpose.com](http://www.communityofpurpose.com) or email [gemma.box@communityofpurpose.com](mailto:gemma.box@communityofpurpose.com)

**BRISTOL YOUNG HEROES AWARDS 2021**

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