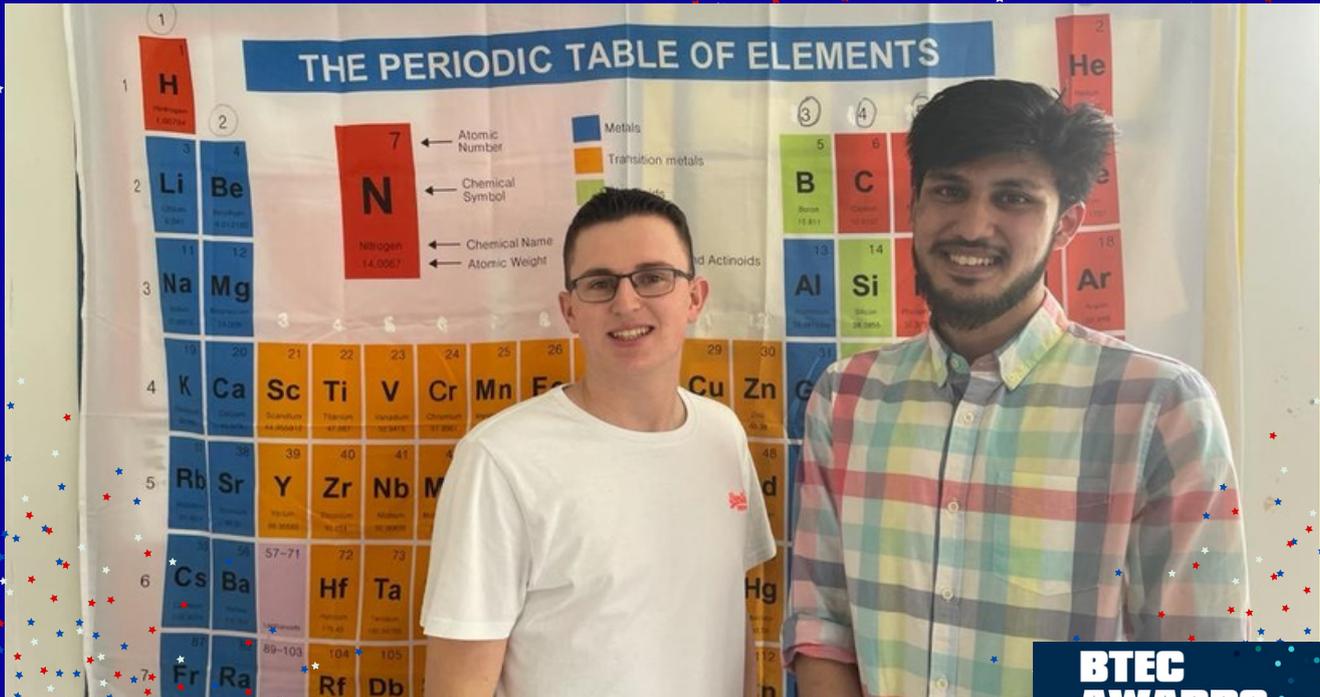


# Bulletin

## CONGRATULATIONS TO JACOB AND SABER

BTEC Science Learner of the Year 2021 - Gold and Silver



**BTEC  
AWARDS  
| 2021**

### KEY DATES

- 12-13 July - Sports day (school only)
- 13 July - STEM day
- 16 July - End of Term 6 school ends at 12 :30pm - Celebratory tutor session, no hot lunch but grab and go brunches for all Year groups will be provided.

### CONGRATULATIONS TO ALL OUR WINNERS AT THE BFS AWARDS EVENT



# BTEC AWARDS 2021

The outstanding achievements of Jacob and Saber were celebrated this week as they were awarded Gold and Silver for the prestigious BTEC Award for Science Learner of the Year 2021.

Jacob, gold winner, is a trailblazer for BFS. One of the first students to take Applied Science at BFS, he has proved to be a fantastic role model for others. His forensic attention to detail and scientific rigor means he researches topics in depth. As his scientific skills have grown, so has his ability and confidence. He has become a Science Ambassador for the school supporting learners who are struggling – even creating and running a lockdown science project the whole school could take part in.

Saber, Silver winner, is a compassionate and diligent student. He is an active member of the school council and has mentored many younger students by assisting in their science lessons. His kind, selfless and caring nature made him a fantastic role model. He has worked immensely hard throughout the sixth form and is an integral part of the part of the school community. He has developed extensive scientific skills and knowledge throughout the course.



## WATCH IT HERE!

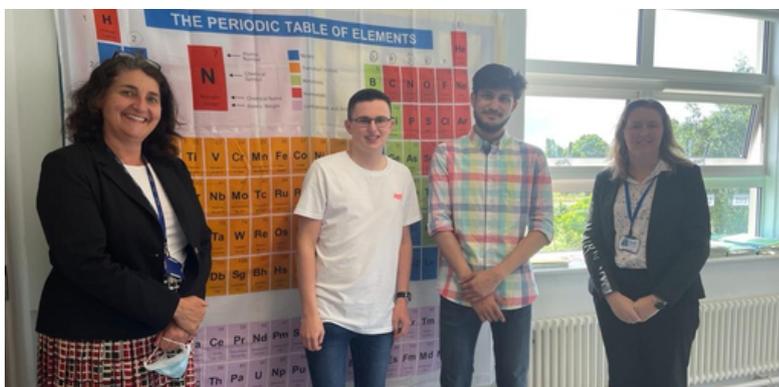
### BTEC AWARDS 2021

[https://www.pearson.com/uk/educators/fe-college-educators/about-btec/btec-awards.html?utm\\_source=webbanners&utm\\_vanity=website&utm\\_campaign=GBVOGP0820BA21](https://www.pearson.com/uk/educators/fe-college-educators/about-btec/btec-awards.html?utm_source=webbanners&utm_vanity=website&utm_campaign=GBVOGP0820BA21)



**MRS KING**

This is absolutely fantastic news. The BFS community are so proud of Jacob and Saber. Both students and BFS' Science department have worked so hard, despite the many challenges this year. We all now live in a scientific age and one I am sure Jacob and Saber will thrive in. To win the BTEC Award for Science Learner of the Year 2021 Award is a great achievement! Jacob has been an outstanding BFS student in his time with us and I am sure this will not be the end of his achievements."



**MISS HAWES**

"It has been a pleasure to teach both students on the inaugural BTEC Applied Science course. I have also been fortunate to be their form tutor and see the impact these students have had school wide. Huge congratulations to Jacob and Saber alongside the rest of the class. I couldn't be prouder!"



# MENTAL HEALTH & SAFEGUARDING

*Mental Health & Safeguarding Support, Advice & Information*



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

Second to last week of term, we are speeding to the end of the most unusual school year that most of us have ever had. Given the circumstances we have all done amazingly well to have got to this point, and have the soon to be opportunities to enjoy another longer period of time together with families and friends.

We are really keen to carry on the work that we have put into place since January, when the Mental Health & Safeguarding team was launched at Bristol Free School.

In the next newsletter there will be lots of information regarding things going on over the summer in the community and online to help with everyone's mental health, so keep an eye out.

In the meantime please read through the mindfulness calendar which really benefits all of us – takes a very short amount of time for large and longer term gains.

If there is anything you wish to discuss with us in the Mental Health team feel free to get in touch by email [tellsomeone@bristolfreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk)



[tellsomeone@bristolfreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk)



## WEEKLY E-SAFETY UPDATE FOR PARENTS

This week we are looking at Wattpad. Wattpad is a popular online social network app that allows users to share their writing work with other readers. Among the genres you can find here are short stories, books, poems, among other reading materials. When it comes to users, this site is open to all those who enjoy writing and reading.

However, there have been significant concerns raised by parents regarding very disturbing content, cyberbullying, identity theft, access to pornography and online grooming. Most internet safety sites do not recommend Wattpad for younger pupils and have recommended the app for 17+. If you know your child is accessing Wattpad, please take the time to discuss how they use the site and review the content they are accessing. There are a number of internet safety sites providing warnings about Wattpad. Please click on the link to see what Bark says about the app: <https://www.bark.us/blog/what-is-wattpad/>





# BFS COOKS

## BAKED FETA PASTA



**MRS FORD**

This week Year 10 cooked a seasonal dish of homemade pasta with a tomato and feta sauce (a la the TIKTOK trend for baked feta pasta)

Tiktok trends can encourage people to try new things and be more adventurous in the kitchen, if done at the right time this kind of marketing can help to encourage people to eat seasonally!



### SEASONAL FRUITS & VEGETABLES - JULY UK

Aubergine, Beetroot, Blackberries, Blackcurrants, Blueberries, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Gooseberries, Greengages, Fennel, French Beans, Garlic, Kohlrabi, Loganberries, New Potatoes, Onions, Peas, Potatoes, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetheart Cabbage, Swish Chard, Tomatoes, Turnips, Watercress.

### FETA TOMATO SAUCE

- 2 packets cherry or cherry plum tomatoes
- 1 shallot or small red onion quartered
- 3 cloves garlic, peeled and smashed
- 60 ml extra virgin olive oil
- Salt
- Chilli flakes (optional)
- 1 (200g.) block feta
- 3 sprigs thyme
- Zest of 1 lemon (optional)

<https://www.delish.com/uk/cooking/recipes/a35426947/baked-feta-pasta-tiktok/>

### PASTA MAKING

- 1 egg
- 100g "OO" grade pasta flour or strong plain flour
- Pinch of salt
- Tbsp of water

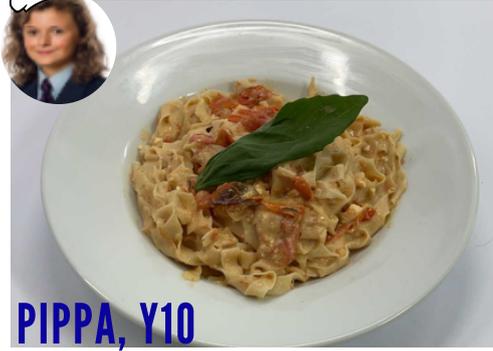
<https://www.jamieoliver.com/recipes/pasta-recipes/a-basic-recipe-for-fresh-egg-pasta/>



# HOW DELICIOUS!



**SHANIQUA, Y10**



**PIPPA, Y10**



**BRANDON, Y10**



**MACK, Y10**



**EMMA, Y10**



**SIENNA, Y10**



**LEEHANA, Y10**



# BFS CAREERS

## Y10 CAREERS DAY



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



On Wednesday 7 July even with the challenges of Covid-19 restrictions and a large number of year 10 students at home self isolating we were still able to run a careers day for our Year 10 students.

In the morning, we lucky enough to have two inspirational live virtual talks. The first speaker was James Stark, the founder of Starks Fitness. Starks Fitness is a rapidly growing fitness lifestyle brand that takes a totally holistic and unique approach to helping people realise and achieve their fitness and wellbeing goals. James has rapidly grown his fitness lifestyle brand and has also worked with many famous people. James talked to the students about his career journey and how he managed to build such a successful business. The students asked excellent questions and hopefully James has inspired many Year 10 students and given excellent tips on how to be a successful entrepreneur.



From 10TG2 and 10TG3 to Everyone:  
Question from brandon - would you recommend starting your own business?

From Aisha to Everyone:  
10tg6: how much profit do you make?

From Richard Walker to Everyone:  
Thanks Brandon. Keep them coming

From Max [redacted]:  
question from max what made you start your business from start fitness  
stark fitness

From Mrs Ford to Everyone:  
Are there any down sides to being your own boss?

From Richard Walker to Everyone:  
Thanks Aisha

From a.lally to Everyone:  
what are the best and worst parts of running your own business? (TG7)

Who can see your messages?  
To: Everyone  
Type message here...



The second talk was delivered by Vanessa Maria. Vanessa Maria champions music and mental health as a DJ, Digital Marketer at Sony, Broadcaster at Foundation FM, Host at Resident Advisor, Co-Founder of 'No Boundaries' and former Mental Health Representative at Bristol University. Following on from a Psychology degree, she successfully led campaigns around student mental health and executively produced an award-winning documentary. Having worked in TV and Radio at the BBC, she merges her work in media with activism, combining her love for music with her drive to advocate around well-being.

Vanessa first made her mark in music on 1020 radio, where she began using her platform to share her love for underground Trap, Rap and Drill. Having worked with the BBC, BBC 1xtra, Rinse FM, VICE, Channel 4, gal-dem, Mixcloud, Boiler room, Notion magazine, Foundation FM, Eric Festival, 1020 Radio, Pirate Studios and Creative Access, Vanessa is dedicated to mental health advocacy in music, media and beyond.



Vanessa's talk was truly inspirational as she talked about her career in the creative industry, with one of many highlights being when she interviewed David Attenborough, and showed the video clip to the students. She has hopefully motivated students to reach their career goals and was a great example of how hard work and resilience can allow people to reach these goals.



Watch it here

[https://www.youtube.com/watch?v=t\\_4Jg5JOqAE](https://www.youtube.com/watch?v=t_4Jg5JOqAE)



**A LOVELY  
POSITIVE  
MESSAGE  
SHARED FROM  
VANESSA TO  
OUR STUDENTS**

## YOU CAN DO



- "Keep going, keep laying each brick one at a time. Before you know it you'll have a wall and then a room and then a house. It's a difficult industry to break into but that does not mean impossible. Nothing is impossible. With the right work ethic, you'll be exactly where you want to be with patience, timing and dedication. Don't be discouraged by "failure" when one door closes, another door opens somewhere else. Just remember that what is meant for you will never miss you, it's never about getting it right, it's about having the confidence to show up and give it a go! If you don't try you'll never know where you could have headed and truly the greatest gift you can offer is that of your own self-transformation. So keep doing you, focus on yourself and your goals and don't ever give up. I'm excited for your journey!"

  
**Amazing  
Apprenticeships**

**Careerpilot**

I would like to say a massive thank you to all the Year 10 students who were all brilliant and also to Miss Billing, Mr Walker and Mr Whitfield who all contributed to the success of the day.

Later in the day students were given a talk about apprenticeships, which was delivered by the Amazing Apprenticeship programme. The talk allowed students to learn about the array of different apprenticeship routes and how the job market is changing.

More information about the organisation can be found on their website-  
<https://amazingapprenticeships.com/>

Students were then given time in the ICT suites, to explore their future career options and post 16 options, where online career learning tools such as Careerpilot were used.

### Find a course or apprenticeship

Use the relevant search options below to find college and university courses as well as vacancies for apprenticeships



Find courses 16 - 19



Find degree courses



Apprenticeship vacancies

# BFS DUKE OF EDINBURGH HIGHLIGHTS



## SUGAR LOAF MOUNTAIN



## SETTING UP CAMP!



## TABLE MOUNTAIN



## AND OF COURSE WATCHING THE ENGLAND MATCH!

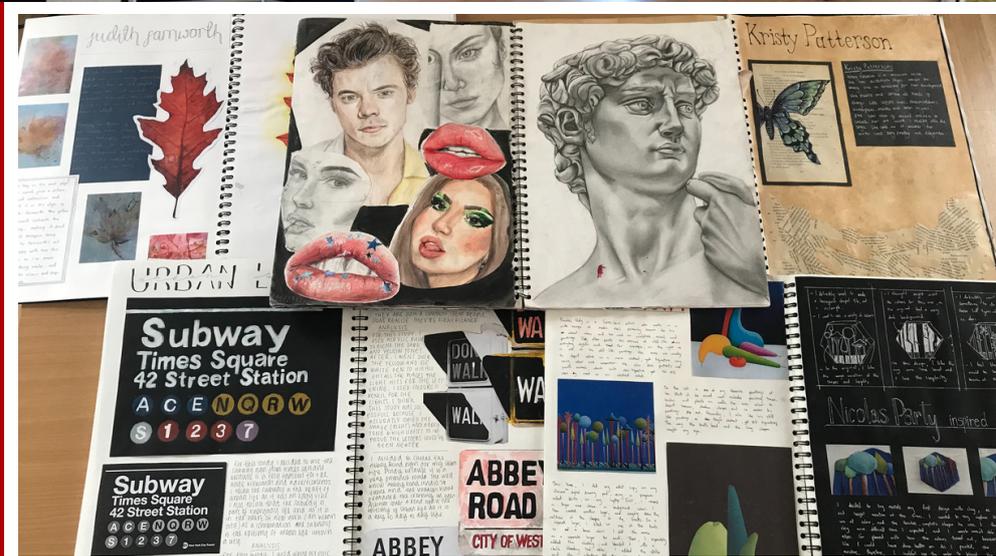


# BFS ART & PHOTOGRAPHY EXHIBITION



A fabulous BFS Art exhibition was set up this week to celebrate the work of our very talented students across Y7 right up to Y13! We would have loved to invite you in to see this in person but given the current covid-19 regulations we were unable to do this. However we did film it for you, please watch it here:

[https://www.youtube.com/watch?v=P4v\\_UluVBRM](https://www.youtube.com/watch?v=P4v_UluVBRM)



# BFS MFL THE LANGUAGE AMBASSADOR SCHEME



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

A huge thank you (or "Спасибо!") to Miss Currie for delivering a really interesting Russian session for our Language Ambassadors this week! We had lots of fun learning some interesting facts about Russia, its culture and its language and we also learnt a number of useful conversational phrases. Students scored great marks in the quiz at the end which reflected how many phrases they picked up during the session! This was the last live meeting of the year for our Language Ambassadors but we look forward to resuming the scheme in September and getting some new recruits involved!



## HAVE A GO YOURSELF!

Спасибо  
Spasibo



Thank you

Как дела?  
Kak dyela?



How are you?

Меня зовут...  
Menya zovoot...



My name is...

Здравствуйтe  
Zdravst-vooy-tye



Hello!

Хорошо  
Horosho



Good

До свидания  
Do svidaniya



Goodbye

Плохо  
Ploho



Bad

Пока  
Poka



Bye





**DARIO, Y9**

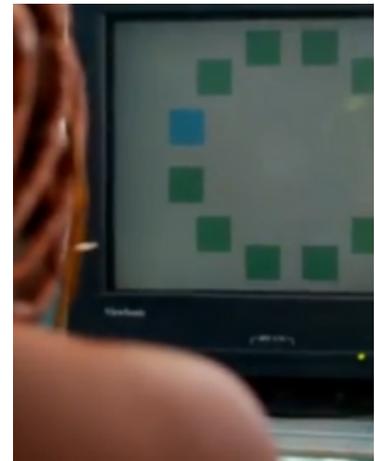
# HOW WORDS INFLUENCE OUR MINDS



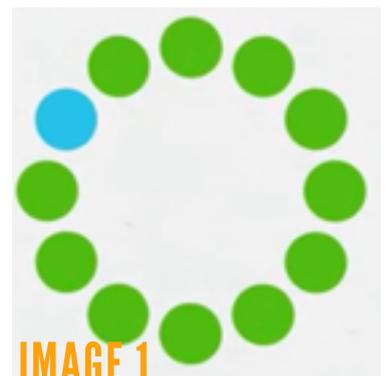
When historians looked at old texts of a variety of cultures, they found that the colour blue did not appear at all until later texts, however the colours black, white, red, yellow, and green did appear. This peculiar coincidence, which could be seen across all the cultures in the world, had nothing to do with how humans back then saw vision but instead how we interpreted colours.



In all cultures the words for colours that developed always came in this order with mild exceptions and differences: black and white, red, yellow and green, and lastly blue. There are two main theories why this is, however linguists and researchers are not yet sure. For one, some believe that this order of colours is based on how often/how useful they were to our survival: for example black and white was useful to tell day and night: dark and light; red had connotations with blood/death or human signs such as blushing that could indicate certain emotions; green and yellow were probably used to identify if something was ripe or not and blue had almost no implications as blue was rare in nature. Another theory is that the order is based on how accessible each colour was in terms of pigment to be used. Red is very common as well as black as they are often seen in cave paintings indicating why they are some of the first colours to appear. Whilst blue was very rare and only some cultures like the Egyptians had this pigment and they had a word for it.

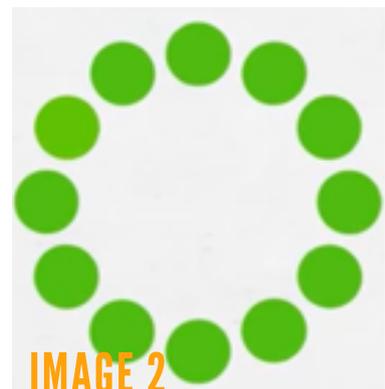


Overall, the name of colours and words may seem irrelevant to how we view them and identify them but studies have shown that learning a new word makes it stand out against other words. For example when you begin learning a new language, at first the words all seem to be gibberish, but after practice you begin to notice the words and phrases and their meanings and they can then be spotted and identified. When you didn't know such words, the same sounds all seemed meaningless. Another real life example of this is the Himba people of Namibia: when presented with image 1 and asked to spot the odd colour out, it took them much longer than for someone from an English speaking country.



**IMAGE 1**

This is because we recognise the difference between these colours to be purple and green, however the Himba people of Namibia do not recognise the colour purple as a separate concept but instead as a hue of a colour as we would think for image 2. However it took longer for an English person to recognise the odd-one-out in image 2. than someone from Himba, as their tribe have separate words for different types of green, therefore proving the concept that words to some extent influence our minds. It may be a hard concept to grasp but put it this way: if you were categorising things in to certain vague groups two almost different things might fit in the same group, however if you added a new category those two things might be put into different categories even though they are also part of that same group.



**IMAGE 2**

# LANGUAGE AMBASSADOR PICNIC!



As an end-of-scheme treat, the Language Ambassadors had a socially distanced picnic after school on Thursday 8 July. This was a reward for their amazing commitment and hard work. Language Ambassadors were treated to drinks and snacks and certificates and prizes for our last competition of the year were issued. Fortunately, the sun shone and it was a lovely way for us all to finally meet in person as a team! Well done to every single Language Ambassador who has been so engaged and positive towards the scheme this year; we have made such a positive impact, even in the strangest of times! Mr Nouas and I look forward to working with you all more next year! Wear those Language Ambassador badges with pride when we return in September!



FOR YOUNG  
PEOPLE YEAR  
9 - YEAR 13

# RISE YOUTH DANCE AUDITIONS

Sunday 12th September 2021

email [echivers.riseyd@gmail.com](mailto:echivers.riseyd@gmail.com) to book your place

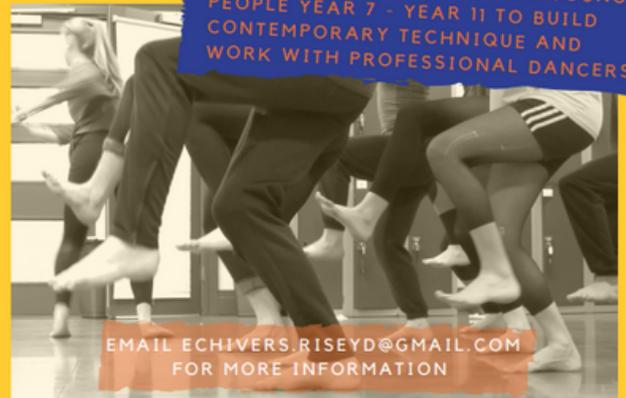
RISE YOUTH  
DANCE  
HORISON

HORISON SOUTH  
MONDAY'S 5:00 - 6:30PM

HORISON NORTH  
THURSDAY'S 5:00-6:30PM

Horison will be online via zoom when restrictions are in place

WEEKLY DANCE CLASSES FOR YOUNG  
PEOPLE YEAR 7 - YEAR 11 TO BUILD  
CONTEMPORARY TECHNIQUE AND  
WORK WITH PROFESSIONAL DANCERS



EMAIL [ECHIVERS.RISEYD@GMAIL.COM](mailto:echivers.riseyd@gmail.com)  
FOR MORE INFORMATION

IET The Institution of  
Engineering and Technology

150  
1871 - 2021

RENISHAW  
apply innovation™

## Renishaw plc is celebrating the IET's 150th anniversary!

Come and find out more about more about Engineering, the 'E' in STEM, with this free virtual event.

Join us by [clicking here to register for our virtual event](#) on Friday 23rd July.

The Institution of Engineering and Technology (IET) are celebrating their 150th anniversary and are running virtual Engineering open house days and Renishaw are pleased to be a part of this.

Working in engineering means making a real difference in the world. You're helping to make lives better, easier, healthier and safer. Without engineering there'd be no internet, smart phones or computers; no power, clean water or medicine; no cars, planes, bikes or trains.

We are hosting two sessions, for different age groups, taking place virtually.

### The event details are as follows:

**9.00 – 9.45 – Launch your career in Engineering - join us for a mystery build!**

*Suggested age range: years 5 – 8*

Join us to learn more about STEM and Engineering and take part in our mystery build along. You will need:



- 1 sheet of A4 paper (preferably coloured)
- Scissors
- Sticky tape
- 2 straws
- Small piece of foam (tip: you can cut the corner off a standard washing up sponge)
- Coloured pens or pencils
- Stickers or stampers for decoration

*Any ideas what you budding engineers might be making?*

**10.00 – 10.45 – Why should I choose Engineering?**

*Suggested age range: years 9 – 13*

Come and find out more about the vibrant world of Engineering - Listen and learn about what we do at Renishaw and how important STEM is in the modern world.

You will hear from some of our engineers about what inspired them to become engineers and how they use their engineering skills outside of work in exciting and interesting hobbies.

We will also include information about our early careers programmes, if you want to find out more about how to get into a career in Engineering then please do join us for this session, there will be a chance to ask questions at the end too.

## RENISHAW PLC IS CELEBRATING THE IET'S 150TH ANNIVERSARY!

Join Renishaw by clicking the below link to register for their virtual event

<https://www.eventbrite.co.uk/e/renishaw-plc-is-celebrating-the-iets-150th-anniversary-tickets-161070856267>

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IET  
The Institution of  
Engineering and Technology