

Bulletin

CONGRATULATIONS TO BFS SWIMMERS

Swimming Gala against Clifton High School.



OUR FIRST
FIXTURE POST
COVID!



Mrs Wynne-Jones and Ms Pearson took over 40 swimmers from Y7-11. They did BFS proud!

Excellent sportsmanship and etiquette from start to finish. It was a very close competition. At the half way point Clifton High were 5 points ahead. By the end of the gala BFS had won by 9 points!



KEY DATES

- 1 October - Year 7 BBQ
CANCELLED
- 2-3 October - Y11 DofE Bronze Qualifying Expedition
- 22-23 October - Y10 DofE Bronze Qualifying Expedition

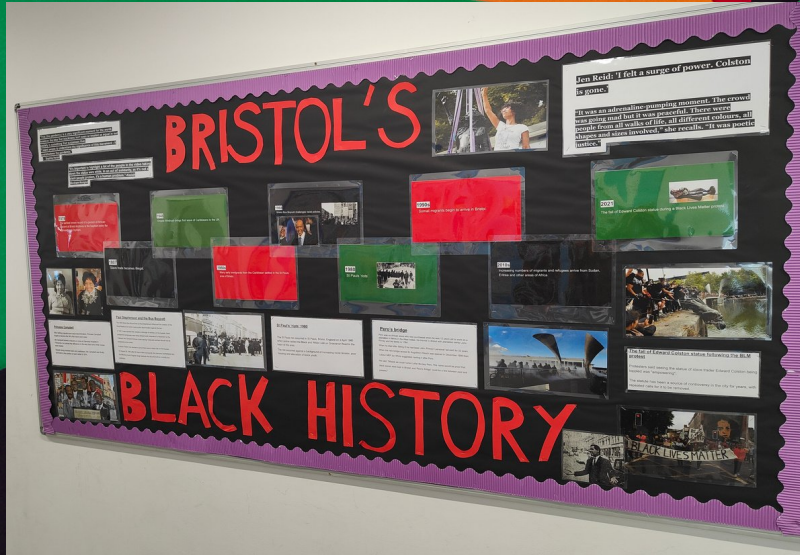
OUR FIRST HOUSE PARLIAMENT MEETING 2021-22



STAY TUNED FOR MORE INFORMATION IN
NEXT WEEK'S NEWSLETTER!

BLACK HISTORY MONTH

OCTOBER 2021



Ahead of Black History Month this October, students at BFS have been putting together a display board to celebrate Bristol's Black History. Y13s, Lily, Ameer and Rachel have sought to share a range of stories which highlight historic injustices, the struggle for civil rights and celebrate the achievements of prominent groups and individuals. Well done all of you for promoting and embracing the richness and diversity of our city's story and reminding us that Black History is something we should be celebrating all year round!



BFS COOKS

NORMANDY APPLE FLANS

Year 11 made some wonderful seasonal Normandy Apple Flans last week. It was the first time they have used the new food room and they tested their technical skills with a high skill cook.



MRS KING



For the pastry sucree

- 200g plain flour, plus extra for dusting
- 100g butter
- ¼ tsp salt
- 1 Egg yolk
- 1 tbsp caster sugar

For the filling

- 100g butter, softened
- 100g caster sugar
- 2 eggs
- 100g ground almonds/you can use rice flour with almond essence
- 2 tbsp plain flour
- 3 dessert apples (I use Granny Smiths)
- 1 tbsp caster sugar for sprinkling
- Apricot jam



LOOK AT THE DELICIOUS RESULTS!



LEELEE, Y11



TIA, Y11



BLAKE, Y11



TARA, Y11



SHANQUA, Y11



FREDDIE, Y11



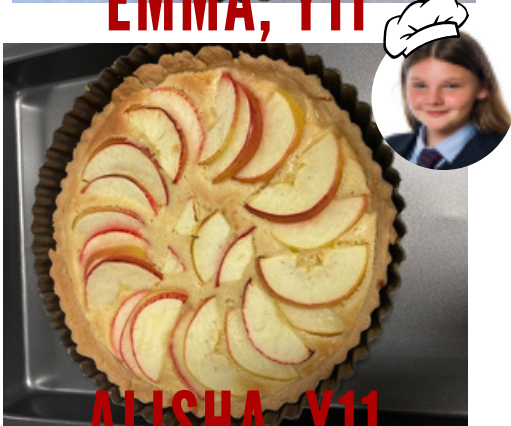
EMMA, Y11



ELLIOT, Y11



EDEN, Y11



ALISHA, Y11





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

BFS OFFERING

The offering from the Mental Health team is growing for parents / carers, students and staff. We have joined up again this year with School Support Services – provided by Anna Freud National Centre. BFS is able to offer a plethora of support via the following:

PARENTS/CARERS:



Webinar series, connecting parents / carer groups and 121 talking sessions

Webinar available:

- Managing challenging teenage behaviours: tips & tricks 27.09.21: 12.30 – 1.30pm
- Weathering the storms of strong teen emotions: dos & don'ts 05.10.21: 5-6pm
- Building resilience, staying connected and nurturing your relationship 13.10.21: 5-6pm
- Adolescent self-harm: how to make sense of it and seek help 20.10.21: 5-6pm

Connecting parents / carers:

- 6 x groups offered 1 hour sessions different days and times – more details offered via tellsomeone@bristolfreeschool.org.uk

121 talking sessions:

- Offering of up to 2 x sessions of 121 discussion with a trained counsellor



STUDENTS:



121 talking therapy (up to 7 sessions weekly) bookable via tellsomeone@bristolfreeschool.org.uk

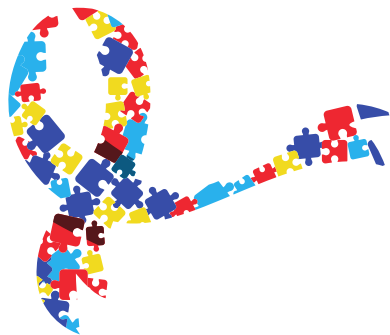
STAFF:



Various support bookable via tellsomeone@bristolfreeschool.org.uk

IF YOU WOULD BE INTERESTED TO RECEIVE SUPPORT IN ANY OF THESE FORMS THEN DO PLEASE LET US KNOW.





AUTISM FAMILY COURSES

TEENAGE LIFE

SEPTEMBER–DECEMBER



·Are you a parent or carer of a child with autism living within the Bristol City Council area?

·Is your child aged between 9 and 18 years?

·Do you want to learn ways to support your child, meet other parents and find out what services and benefits you can access?



MANAGING ANGER

This is a three-day online Zoom course to discuss ways for parents to support young people (aged 8-18 years) who are confrontational and struggle with regular meltdowns.

- 13, 20, October and 3, November
- 10am – 1pm each day

TEENAGE LIFE

This is the six session online Teenage Life course for parents of 9 -18 year olds. It covers what is autism, self-esteem, behaviour, education, local services and benefits, relationships, puberty and sexuality

- 4, 11, 18, 25, November
- 2 and 9 December
- 10am – 1pm each day

MANAGING ANXIETY

This is a four-day online Zoom course that discusses ways to help your child (aged 8-18 years) if they suffer from anxiety.

- 10, 17, 24 November and 1 December
- 10am – 1pm each day

PERSONAL INDEPENDENCE PAYMENT

This is a one-day online Zoom course on how to apply for Personal Independence Payment. It is for parents who have young people and adults aged between 15 and older

- 8 December 2021
- 10am-2pm (break 12.30pm-1pm)



If you wish to attend a course you will need to register your interest.

Email: Andrew.powell@bristol.gov.uk



NETBALL DEVELOPMENT TRAINING

STARTS THURSDAY 16th September

Every Thursday during term time at:

**The Lawns,
(Cribbs Sports & Social Club)**

BS10 7TB

6-7pm Year 3-6

7-8pm Year 7 & Above

£5 per session payable termly.

Sessions delivered by Beth Evans, UKCC Level 2 Qualified Netball coach. These sessions are a perfect addition on to any club sessions you may attend or just to develop your skills further.

To register email Beth.evans123@yahoo.co.uk

or call 07476 807307