

Newsletter

Dear Parents, Carers and Students

I hope this newsletter finds you safe and well.

YEAR 6 OPEN DAYS

I would like to thank our Sixth Form and Year 8 student guides. They have done an amazing job in taking Year 6 children and families around the school during our open days this week. The interest in BFS has been quite overwhelming with over 500 visitors wanting to tour the school. We are so proud of our students for the welcome they have given our visitors.



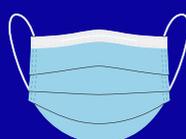
MEET THE TUTOR EVENING

It was lovely to meet so many Year 7 parents last Thursday for 'meet the tutor' evening and open school. It was the first opportunity to welcome parents and carers back into school and it was great to see Year 7 showing parents their new classrooms.

COVID-19

On a more sober note, I need to report that we have had a number of confirmed covid cases over the last 5 days. The situation is not considered an outbreak, but we are ensuring ventilation, hand sanitising and the one way system is in place.

I will be allowing students to wear coats in lessons now the weather is getting colder and we will be encouraging the wearing of face masks in busy communal areas. We will be monitoring case levels carefully and if we need to make further adjustments I will write to you with more details.



EXTRA-CURRICULAR

I encourage all students to take advantage of the many extra-curricular opportunities that are coming on line this term. PE fixtures are back for those who have missed playing competitive sport; music and STEM are running clubs.



Next week we look forward to the start of the Year 7 Clifton College team building days. These days are a fun way for children to get to know their tutor and tutor group.

I hope you enjoy your weekend despite the wet weather!



MRS S KING



BFS HOUSE PARLIAMENT

Our BFS House Parliament met for the first time last week for 2021-2022. The meeting was focused on drawing up the plans and goals for the year ahead. Four sub-committees were created that focus on the school's improvement priorities; Sustainability, Mental Health & School Community, Events & Competitions, Diversity & Equalities.



DURDHAM



HOUSE LEADER: AMEER



EVENTS & COMPETITIONS

I am looking forward to the House Parliament meeting on Monday to discuss all the wonderful ideas that the events sub-committee have discussed. It seems as if the first event kicking off this school year will be a House Wellywanging Competition, which will hopefully take place this term.

As well as this, in Monday's House Parliament meeting we will be discussing all the other events planned to take place throughout this year.



CANFORD



HOUSE LEADER: BEN



SUSTAINABILITY

In the House Parliament I am leading the Sustainability group. So far this has been really useful, I've been able to share my own ideas and learn from the younger years about the fantastic ideas they have.

We are looking at implementing better recycling facilities, reducing waste in the canteen and bringing more wildlife onto the BFS site. The next few months should be exciting as we start to put these plans into action, and I can't wait to see how they turn out.



BLAISE



HOUSE LEADER: LILY



MENTAL HEALTH &

SCHOOL COMMUNITY

I am looking forward to implementing, with my school House Parliament team, the raising in awareness of mental health in the BFS community. We would like to do this through organising an assembly on mental health- possibly getting the Mind charity to come into school and talk to us. We would also like to organise a safe space for those who find the canteen and other areas overwhelming at lunch and break time.

We are also discussing possible changes to tutor such as a day in the week for "catch up" and choice of activities to improve well being. We want to make sure everyone is aware of who they can talk to/ where they can go for help if struggling with their mental health.



ASHTON



HOUSE LEADER: EMILY



DIVERSITY &

EQUALITIES

I'm leading the Equality and Diversity group in the House Parliament meeting next Monday. This group has been fantastic so far and has come up with many great ideas to implement into the BFS community. During our last House Parliament meeting we discussed different ways we can improve the school's equality and diversity, and came up with several main objectives we want to achieve. These aims consisted of ideas such as making PSHE lessons less hetero-normative and more diverse, and celebrating different religious festivals throughout the year(not just Christmas).

On Monday, I am excited to discuss how we can turn these aims into a reality.

“ALONE WE CAN DO SO LITTLE,
HELEN KELLER, AMERICAN AUTHOR AND HUMAN RIGHTS ACTIVIST

TOGETHER WE CAN DO SO MUCH.”

YEAR 7 OUTDOOR TEAM BUILDING EXPERIENCE

The Year 7 Team are looking forward to the forthcoming Outdoor Team Building Days at Clifton College Sports Ground, Abbots Leigh. Students should arrive at school at the usual time and go to their tutor room for registration.

CHECK OUT OUR PREVIOUS YEAR 7 IN ACTION



KEY DATES

- Monday 4 October 7TG1, 7TG2 & 7TG3
- Monday 11 October 7TG4 & 7TG5
- Monday 18 October 7TG6 & 7TG7

Please wear appropriate clothes and footwear suitable for outdoor activities – here's a checklist of the items your child will need:

- comfortable trousers (not jeans, shorts or skirts)
- outdoor top from PE kit
- jumper
- trainers or shoes
- waterproof jacket
- nut-free packed lunch* and snacks
- water bottle
- suitable backpack to carry packed lunch
- sun cream and hat (subject to weather on the day)

*If your child is eligible for free school meals, a packed lunch will be provided from the Dining Hall.

A reminder that if you haven't already done so to log into your ParentPay to make payment for this trip and to complete the consent form for your child to participate. If you cannot access your account, please email admin@bristolfreeschool.org.uk for assistance.

KEY DATES

- 2-3 October - Y11 DofE Bronze Qualifying Expedition
- 22-23 October - Y10 DofE Bronze Qualifying Expedition
- 22 October - Inset Day & End of Term



Do you enjoy working with students from diverse backgrounds? At BFS we have a team of dedicated people who are all working together to support our students.

Our school is a vibrant community and a highly rewarding place to work.

<https://www.eteach.com/job/food-technology-technician-1176920?lang=en-GB&frmsrh=Y>





BLACK HISTORY MONTH

OCTOBER 2021



HOW DID BLACK HISTORY MONTH BEGIN?

Black History Month has its foundations in 1926, when American historian Carter Goodwin Woodson felt African Americans were underrepresented in conversations and books about American History.

50 years later President Ford declared Black History month a national celebration. He said "In celebrating Black History Month we can seize the opportunity to honour the too-often neglected accomplishments of black Americans in every area of endeavour throughout our history."

It was first celebrated in the UK in 1987.

Since then, Black History Month has expanded into a celebration of Black History, Arts and Culture.



WHY DOES BLACK HISTORY MONTH MATTER?

Black history Month is about recognising the stories of our collective past which can help better inform the present. Historically, black history has been marginalised and misrepresented. It is therefore vital to celebrate black history and shine a spotlight on its achievements.

It has particular significance for Bristol, which has a rich black history and has also been at the centre of controversy, following the toppling of the Colston Statue in 2020.

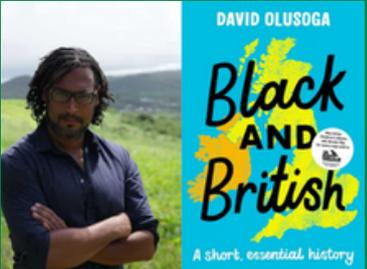
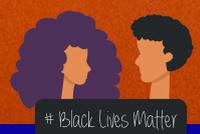
Incidents such as the recent abuse experienced by members of the England football team, further highlight the importance of recognising diversity and tackling racism.



 **WHY BLACK HISTORY IS SO IMPORTANT**

Listen to David Olusoga, British-Nigerian historian, broadcaster discuss why black history is so important to our nations story

<https://www.youtube.com/watch?v=68zpVIABu-g>

BLACK HISTORY IN BRISTOL

Bristol also has a long history of protest, and has played a key role in advancing race relations. The Bristol Bus Boycott of 1963 arose from the refusal of the Bristol Omnibus Company to employ black or Asian bus crews in the city of Bristol, England.

In common with other British cities, there was widespread racial discrimination in housing and employment at that time against "coloureds". Led by youth worker Paul Stephenson and the West Indian Development Council, the boycott of the company's buses by Bristolians lasted for four months until the company backed down and overturned the colour bar.

The boycott drew national attention to racial discrimination in Britain, and the campaign was supported by national politicians, with interventions being made by church groups and the High Commissioner for Trinidad and Tobago. The Bristol Bus Boycott was considered by some to have been influential in the passing of the Race Relations Act 1965 which made "racial discrimination unlawful in public places" and the Race Relations Act 1968, which extended the provisions to employment and housing.



INTERVIEW WITH ROY HACKETT, ONE OF THE KEY LEADERS OF THE BOYCOTT



<https://www.youtube.com/watch?v=KUjZkmxnWV8>



BLACK HISTORY ALWAYS MATTERS ... IT IS NOT JUST ABOUT ONE MONTH!



While Black History Month has helped to raise the profile and awareness of black history, it is important to remember that this should be celebrated all year round and not just in October.

AT BFS we recognise and celebrate the diversity of our shared past, acknowledging historic injustices, and embracing the roots of our modern multiracial culture.



BFS MFL THE LANGUAGE AMBASSADOR SCHEME



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

Every year, European Day of Languages is celebrated on the 26 September. This was first decided by the Council of Europe on the 6 December 2001 at the end of the European Year of Languages. The aim of this day is to encourage language learning and to raise awareness of the importance of languages across Europe. Europe has a population of 746.4 million people, who speak 287 different languages, although the EU only has 24 official languages.



ELOISE, Y11

Here are a few fun facts to celebrate European Day of Languages!

- 54% of EU residents speak another language.
- In London alone over 300 languages are spoken.
- French was the UK's official language for 600 years.
- Every 98 minutes a new English word is created.
- In Albanian shaking your head means yes whilst nodding means no.
- In Spain, there's a language made up entirely of whistling called Silbo Gomero and it's still being taught in local schools.
- Around 45-50% of English words come from French.
- European languages belong to one of three groups: Germanic, Romance and Slavic. Basque is the only European language that doesn't belong to any of these three and its origin is still unknown today.
- Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch, a village in the North West of Wales. It has the longest town name in Great Britain. It means "St Mary's Church in the hollow of the white hazel near the rapid whirlpool of Llandysilio of the red cave"
- Rindfleischetikettierungsüberwachungsaufgabenübertragungsgesetz is the longest word out of all European languages. It is a German word and roughly translates to "the law concerning the delegation of duties for the supervision of cattle marking and the labelling of beef."



BFS EAL PROVISION



We have a wonderful, diverse, inclusive community at BFS where over 30 languages are spoken! With this in mind, if you are a student who speaks English in addition to any other language, please feel free to drop in to DF15 to speak to Miss Rowden. We are very keen to fully support all of our students at BFS who learn with English as an additional language with everything from reading to accessing subject-specific content.



CELEBRATE NATIONAL POETRY DAY



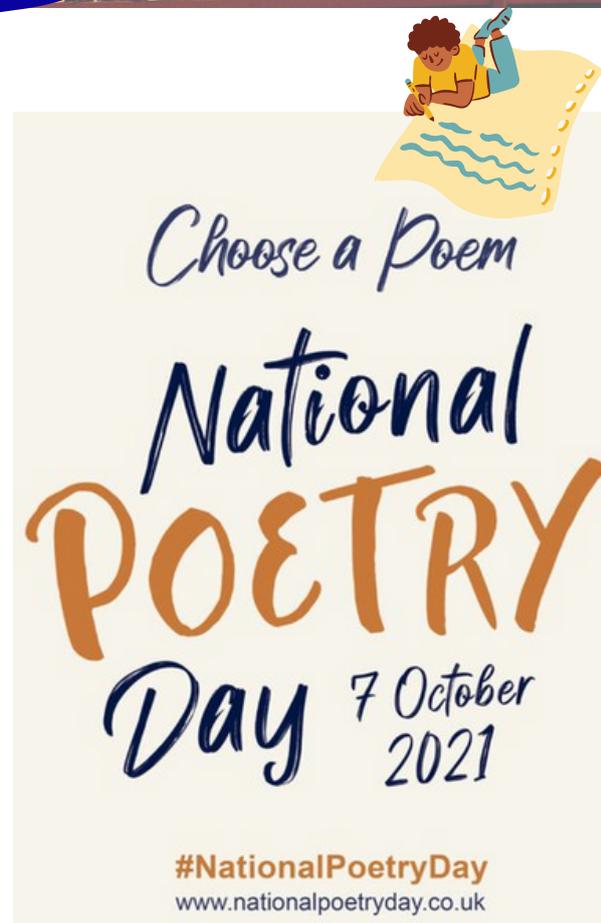
NATIONAL POETRY DAY: THURSDAY 7 OCTOBER

National Poetry Day is the annual mass celebration on the first Thursday of October that encourages everyone to enjoy, discover and share poetry. It started in 1994 and now in its 27th year! As the artform's most visible moment, it showcases the many ways poetry adds value to society.

This year National Poetry Day falls on Thursday 7 October. The day is fun, it starts conversations, it encourages love of language - and best of all, it's open to absolutely everyone to join in, quietly or noisily, in rewarding and enjoyable ways.

The website makes it easy for schools to take part by choosing an annual theme, and this year the theme is Choice. The website can be accessed via this link:
<https://nationalpoetryday.co.uk/celebrate-national-poetry-day/>

Bristol Free School is celebrating National Poetry Day in English lessons, the LRC and tutor time in the week starting 4 October. Our mission is to encourage everyone, in and out of school, to enjoy reading or listening to poetry.



BFS EXTREME POETRY CHALLENGE! COMPETITION OPEN TO ALL STUDENTS.

Where do you read poetry?

We want you to take pictures of you reading poetry in an unusual place! This could be in your home, local area or if you have gone away for the weekend. The more exciting the location, the better.

Sharing a poem: You could be on your own, reading to a pet, a friend or member of your family. You might go to visit someone in a care home.

Submit your entries by the deadline of Monday 11 October to

b.hutchings@bristolfreeschool.org.uk.

House points will be awarded for all entries and a prize awarded for the winning entry in each year group.

Eve Merriam's poem: How to Eat a Poem explains how to enjoy poetry:

Don't be polite.
Bite in.

Pick it up with your fingers and lick the juice that
may run down your chin.
It is ready and ripe now, whenever you are.
You do not need a knife or fork or spoon
or plate or napkin or tablecloth.

For there is no core
or stem
or rind
or pit
or seed
or skin
to throw away.





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

OVERWHELMED BY SOUND

Some of our students are struggling being back in mainstream school following such a long time at home / lockdown. Being in close confined spaces again with approx. 30 others for a prolonged period (min 50 lesson +) can cause students to feel intense feelings, which manifests itself in many ways. One of those ways is misophonia.

Common MISOPHONIA triggers



WHAT IS MISOPHONIA?

It is a condition in which individuals experience intense anger and disgust when they are confronted with sounds made by other people. In particular, sounds like chewing, lip smacking or breathing to name a few.



Trying to help students with these intense feelings, whilst continuing their studies is difficult – but something that we can definitely help with in the Mental Health Team.

Calming techniques, distraction methods and general grounding really helps. We are also trialling some hearing mechanisms which help to focus the mind away from annoying distraction.

If your child suffers from any side effects or impacts from lockdown then do let us know, more than likely we can help.

TELLSOMEONE@BRISTOLFreeschool.org.uk



**ROBINS
FOUNDATION**



pwc



Bristol City Robins Foundation- Post 16-OPEN EVENING

Fill out the form on the website link below to find out more about the education courses on offer with Bristol City Robins Foundation by attending attend an education evening or live questions and answers session. <https://www.bcf.co.uk/robins-foundation/education/post-16-open-evening/>

**OPEN
EVENING**



**INTERESTED IN STUDYING A POST-16 COURSE
AT BRISTOL CITY?**

JOIN US AT OUR OPEN EVENING TO FIND OUT MORE

**5th October 2021 | 7:00pm
Ashton Gate Stadium**

SCAN THE QR CODE & SIGN UP NOW!



**FOR FURTHER INFORMATION PLEASE CONTACT
SOPHIE HART ON SOPHIE.HART@BCFC.CO.UK**

CAREER EVENTS AND OPPORTUNITIES

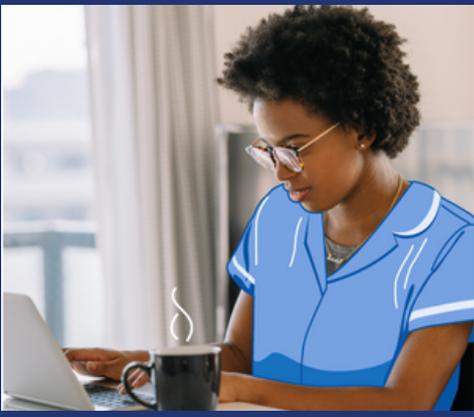
PwC's Flying Start degree programmes

On one of PwC's Flying Start degree programmes, you'll have the opportunity to go to university and start your career at the same time. You'll get to work with world-class clients and be part of our highly skilled teams. Studying at university you'll get to experience the full-time student lifestyle but with integrated paid placements at PwC, you'll have some money to enjoy it too. You'll gain a degree, and hopefully impress us enough to secure a graduate job with us after you graduate.

Applications are now open and you can apply and find out more information on the below website:

<https://www.pwc.co.uk/careers/student-careers/school-careers/our-programmes/flying-start-degrees.html>

<https://www.careersschools.pwc.co.uk/ListJobs/All/Search/jobtitle/flying-start/>



NHS Live Virtual Work Experience Programme

NHS Live Virtual Work Experience Programme is now available to support aspiring healthcare students with work experience opportunities during the pandemic. Students now have access to their own specific work experience programme that will be highly relevant to the following healthcare careers:

- Nursing
- Midwifery
- Paramedics
- Physiotherapists
- Occupational Therapists
- Radiographers
- Dietitians
- Operating Department Practitioners
- Radiographers
- Podiatrists
- Osteopaths
- Orthoptists
- Speech and language therapists



NHS Healthcare Careers Virtual Work Experience

JOIN ONLINE



Students can register for the programme here:

<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

Students will receive certificates upon completion, but places are limited and therefore they will be allocated on a first-come-first-served basis. If you are interested you can register through the website link above. Please note there is a charge of £10 a day to cover administrative costs.

