

Newsletter

Dear Parents, Carers and Students

I hope this newsletter finds you well.

GREAT START TO 2022

January is always a challenging month, however for BFS it has marked a very positive start to the New Year. The wide range of extra-curricular activities and sporting fixtures we are now able to offer has lifted the winter blues and provided much needed normality. I would like to thank all the staff who have carved out the time to run a very varied and interesting extra-curricular offer.



EXAM PREPARATION

Year 13 are well underway with their exam preparation. The Sixth Form team have a new structured study skills programme which is helping Year 13 manage their time a lot better.



YEAR 11 'ACE' EXAMS

Last week Elevate came into school to talk to Year 11 about how to 'ace' their exams. The feedback from students was very encouraging and we recommend that Year 11 revise steadily now as Mock 2 examinations are fast approaching. Mock timetables will be issued soon and there are many opportunities for Year 11 to attend period 7 revision lessons. If you need to know more, ask Mr Whitfield for further details.

Teachers are helping students with knowledge retrieval each week and Seneca provides some excellent, easily accessible resources.

THANK YOU

Thank you to all the Year 9 parents/carers for attending virtual parents evening on Wednesday. We were delighted with the high uptake for appointments and I hope these meetings and taster lessons help Year 9 choose their options for GCSE.



I hope you enjoy the bumper newsletter showcasing the achievements of our amazing student body.

Here's to February and more light!



MRS S KING

KEY DATES

- Sunday 30 January - Model United Nations Conference at Bristol Grammar School
- Tuesday 1 February - Maths Inspiration Show in Cardiff, Year 12 & some Year 11 students
- Saturday 5 February - Year 8 CyberFirst Girls Competition Final in Cheltham
- Thursday 10 February - Year 12 Subject Evening (Virtual)
- Monday 14 February - Appreciation Fortnight & Year 11 & Year 13 Mocks (Week 1)
- Friday 18 February - Half Term
- Monday 28 February - Year 11 & Year 13 Mock (Week 2)

REMINDER

PLEASE COMPLETE
OUR RSE
RELATIONSHIPS &
SEX EDUCATION
(RSE)
PARENT SURVEY



MR EAST

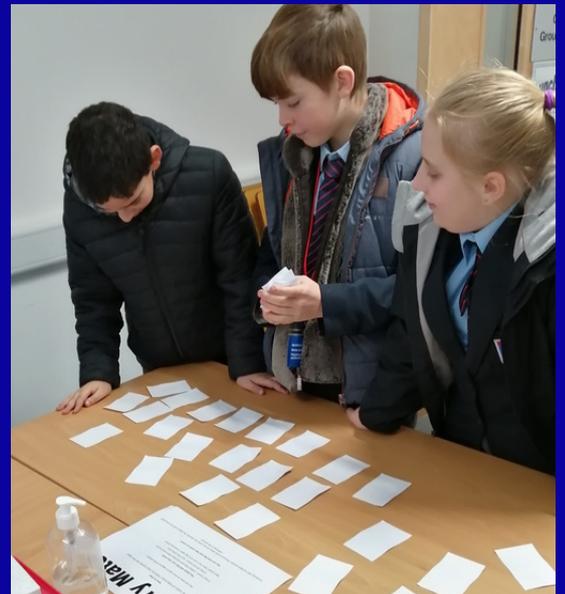
TAKE SURVEY



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BFS LUNCH CLUB

Lunch Club spent Friday lunchtime playing games themed around lunches in other countries and investigating what school lunches look like in different places. We've had so much fun talking about our favourite foods and some students have told us all about the food from their families – from Lithuanian potato pancakes to Canadian poutine!



Memory Match



BFS SIXTH FORM



MISS BARNES

AIM HIGH SUCCESS

Year 13 Success

At Bristol Free School Sixth Form, we are lucky enough to have a programme of support dedicated to our highest achievers and most ambitious students. Known as the Aim High Programme, this supports our students with their applications to the most competitive universities (like Oxford and Cambridge) and courses (like Medicine and Veterinary Science).

This year, we have had a range of successes from students who took part in the programme. Over half of the students secured interviews for their chosen university or courses. This is particularly impressive considering that some of the courses that students applied for only interview 35-40% of applicants and Oxford interview on average 45% of those who apply.

Applying for such courses is a unique and challenging experience, but students commented that they felt "well prepared" for the situation. They had been supported at every stage of their application, receiving subject specific help with entrance exams and being given a mock interview by a subject specialist so knew what to expect. The practice and hard work paid off as we are currently celebrating an offer from Oxford! Several other students are in the process of interviewing or awaiting offers, and so we are eagerly awaiting the results.

I would like to thank all the staff who gave their time and subject expertise to support students with their applications to some of the world's best universities, and the students for being so responsive to feedback.



Year 12 Programme Begins

This year's Aim High Programme kicked off last week, with the current Year 12 beginning their application journey. So far, we have looked at the unique characteristics of Oxford and Cambridge, the benefits of going to a Russell Group University and have begun to explore what it takes to get there. Students have begun researching which courses they might like to do and are beginning to research and read around their chosen subjects. Those applying to study Medicine are given specialist support and have had the opportunity to speak with successful applicants to university. They are currently in the process of organising work experience. It's not too late to join in!



UNIVERSITY OF CAMBRIDGE

IF YOU HAVE AMBITIONS TO GO TO OXFORD OR CAMBRIDGE OR TO STUDY MEDICINE, DENTISTRY OR VETERINARY SCIENCE MAKE YOU SURE COME TO DF22 ON THURSDAY TUTOR TIME.



UNIVERSITY OF OXFORD



JAMES, Y10

On Thursday 20 January, a group of students and I, who are a part of our school's Eco Group, attended an online conference with a handful of other Bristol Schools. It was a continuation of a meeting that we had in late 2021 where we had a model COP 26, so the organisers wanted to know what we had been doing as a school to help the environment. Each school prepared a short presentation to show the work they had done. For us at BFS, we thought it was important to highlight our efforts to improve our approach to waste. It was really great to hear original ideas from other schools that have been working for them - some that we could potentially adapt for Bristol Free. At one point, we got to have a personal workshop about plastic, and how to educate people on its effects which was really interesting and slightly shocking, even when we already knew about most of what we were shown already. But it was a great experience seeing so many young people being so passionate about the environment and climate change in one place. So, I think that all seven of us that helped out on Thursday are really excited to see what is next.

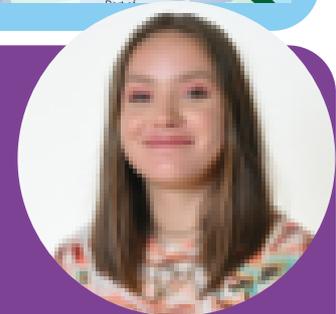
Thanks to Maha, Suzie, Dylan, Ben, Imogen and Patrick for all your efforts.

Climate Challenge

WHAT CAN YOU DO?

- Save energy
- Grow food
- Walk and cycle
- Plant trees
- Waste less
- Recycle
- Go renewable
- Buy local

Bristol Education Partnership



LUCY, Y12

Last week Natalie and I attended a Bristol Education Partnership (BEP) student board meeting on Zoom. The board is made up of students from schools across the whole of Bristol (private and state) and consists of five action groups: Equalities and Diversity, Student Voice and Leadership, Learning and Teaching, Comms, and Everyone's Invited.

The groups had already met once this year, so we joined the Equalities and Diversity group in their breakout room. We reviewed the details to an online conference aiming to educate others on subjects like disabilities and neurodiversity, microaggressions, queer women in history, and black hair and hairstyles. The general plan was that it would be on Zoom and include workshop sessions and external speakers. After that we discussed briefly what actions we had all been taking in our schools individually and shared ideas for the future, such as getting more external speakers in and how to normalise communicating pronouns at school.

Once we had finished in the breakout rooms, we reconvened and each group shared their ideas to the whole board. Other groups talked about speech writing competitions on identity and trialling bigger actions in one school before introducing them to all the schools in the BEP. Overall, the meeting was successful and the next one is scheduled for early March.

**IT'S FANTASTIC TO BE PART OF
BRISTOL EDUCATION
PARTNERSHIP**

BEP HAS 4 KEY PRIORITIES:

1. OVERCOMING DISADVANTAGE
2. RAISING ASPIRATIONS
3. BROADENING EDUCATION
4. INSPIRING STAFF



MS URCH

BFS SPORT



HOCKEY AT BFS



We are delighted to announce that indoor hockey here at BFS will start after the February half term. We have been very fortunate to have secured indoor hockey sides from RGS in Worcester and this has been facilitated and organised by one of our parents Mr Bower who is also Chairman at Westbury HC. We can't wait to start securing strong club links with our community clubs in Westbury-on-Trym (Westberries and Westbury HC). We would like to sincerely thank Mr Bower for his generosity and support thus far, there are exciting times ahead for BFS students and the local community regarding hockey and we can't wait to start! We are also in talks with two local independent 'community' schools regarding the use of their astro turf facilities to kick start outdoor hockey in the near future. Watch this space.



THANK YOU!

BFS SPORTS LEADERSHIP ACADEMY 2022

This week has seen 39 students across Years 8, 9 and 10 sit interviews with our Year 12 Sports Leaders. Students had to apply in writing in the first instance, outlining their experiences, skills and qualities that they felt would benefit the new and exciting leadership initiative here at BFS. The Sixth Form team have been amazingly professional in their approach to each and every interview and they have and continue to be a credit to the school. Students will find out on Tuesday next week whether or not they have been successful. Students will be told in writing and I thank each and every one of them for the time and commitment so far. If successful, sessions will start on Friday 4 February after school.

Thank you to the following Year 12 students who have given up their lunch breaks this week: Gwen, Rosie, Ed, Charlie, Sarah Lou, James, Julian and Dan.





MR WHITFIELD

The year 11 football team opened their campaign with a great game against Oasis Academy Brightstowe. The team played really well against a very good opposition and scored a fantastic goal.

Special mention to our goalkeepers who coped admirably in fading light. We look forward to our next game against Cotham.



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



The Language Ambassadors have been busy doing the displays in D block this week! They have encompassed a few examples of different jobs and careers for which languages are key, along with key skills you can pick up though learning languages. This is all portrayed brilliantly through our "Language Destinations" display! The Language Ambassadors have also researched benefits from learning languages and how they can be advantageous and useful for anyone. Go and have a look for yourself where languages can take you!

BFS HISTORY

HISTORICAL FICTION COMPETITION!

WELL DONE TO EVERYONE WHO PARTICIPATED IN OUR HISTORICAL FICTION COMPETITION!!

Our latest competition winner was 'Margot's Holocaust' by Issy, 7TG5! The historical story was based on Anne Frank's sister Margot who died at the Bergen-Belsen concentration camp in Germany. This melancholy reflection on the lesser known sister of the famous diarist was a fantastic read – with German dialogue, mind-boggling metaphors, and extraordinary storytelling!



MISS HORTON

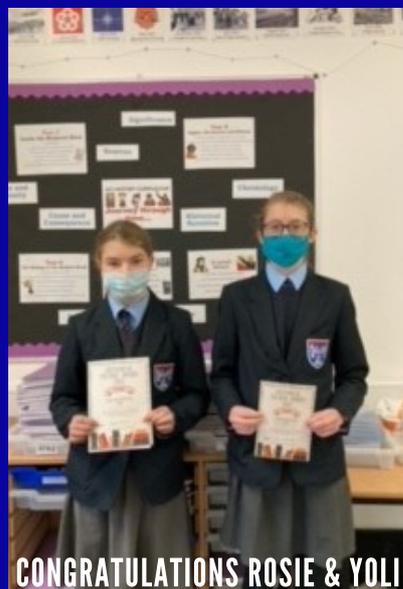
'With a heavy creek, the bookcase was flung to its side and Miep's sobs filled the air and her fragile body collapsed on the floor. Mother ran to her side but instantly froze as soon as she saw them – ten men dressed from head to toe in black clothing appeared in the doorway – the Nazi Gestapo. "Hor auf was du tust, du bist verhaftet (Stop what you are doing, you are under arrest)!" Barked one of the masked men. Anne peered out of the kitchen, her diary in hand and her eyes widened as two of them grabbed Mr Pfeffer and hauled him along the corridor. A tear slid down her cheek as father was cuffed and heaved downstairs. For the first time, I felt scared, I hadn't felt this scared in my life, not even when I received a call up notice; not even when a gang robbed The Annexe for the first time; not even when Grandmother was on her deathbed. Nothing compared to the fear I endured when I was tied up and thrown into the hands of the Nazis.'



CONGRATULATIONS ISSY!



CONGRATULATIONS JACOB!



CONGRATULATIONS ROSIE & YOLI

The runners up, who will also receive some prizes, were:
'Sherlock Holmes, Private detective' by Jacob, 9TG3.
'The Pride of Rome' by Rosie, 7TG1.
'The Runaways' by Yoli, 7TG1.

The winning competition entries were scrutinized by the humanities team and will receive some book vouchers worth £10 and £20! Thank you to everyone who participated. There will be another competition run by the English and Humanities Department later this year on historical poetry. Get your pens, pencils, and imagination at the ready!

THIS WEEK IN DESIGN & TECHNOLOGY

DT design & Technology



MRS STREET

GCSE TASTER LESSONS

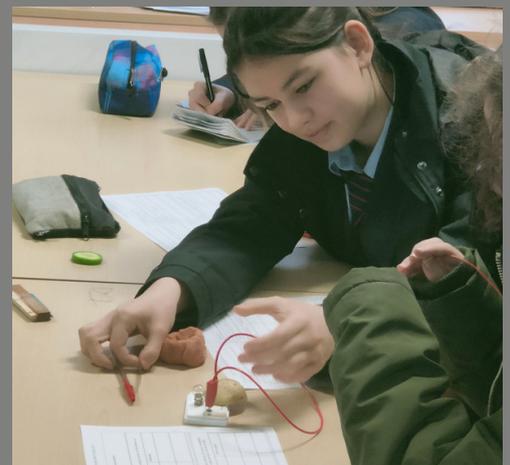
This week we ran a number of GCSE taster lessons for the Year 9s where they learnt about Food Preparation & Nutrition and Design & Technology GCSE.

A main element of the FP&N GCSE is completing independent food investigations. It is a great way for students to demonstrate their scientific skills. During the GCSE taster session we made butter, student wrote out their hypothesis on how they thought it would taste and we discussed ways we could experiment further with butter making. Students were surprised at how easy it was to make butter and how great it tasted - although most said they would have like salt added!

In the D&T GCSE session we looked at the physical and mechanical properties of materials. In D&T students need to be able to use all materials in creative ways before they start to specialise at the end of Year 10. After grouping materials by their properties students tried to create an electrical circuit by using an imaginative combination of materials, one of the best combinations was a potato linked to salt dough linked to conductive thread.

Well done Year 9 with your fantastic engagement in a fast-paced lesson.... we look forward to teaching you next year and seeing your amazing creations!

PHYSICAL AND
MECHANICAL
PROPERTIES OF
MATERIALS



TASTING THE
BUTTER!



BFS COOKS



MRS FORD

CELEBRATION COOKING CLUB

Cooking club has kicked off with a way to use up any lingering chocolates in a decadent chocolate brownie. All of the Year 9s did a great job and fingers crossed their parents enjoyed some (as long as they made it home as they are very moreish) Next week we will be trialling our bread making skills with an enriched dough for a quick hot cross bun.




RECIPE



Left over Christmas chocolate Brownies

Ingredients

- 90g unsalted butter
- 90g Dark Chocolate
- 45g Plain Flour
- 20g Cocoa Powder
- 2 Eggs
- 125g Caster Sugar
- 9 chocolates of your choice eg. Quality street



Method

Start

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Pre heat the oven to 180°C. Prepare baking tin with a little oil and parchment paper |
| <input type="checkbox"/> | Melt the butter and dark chocolate together in a metal bowl by placing over a pan of hot boiled water. Allow to cool. |
| <input type="checkbox"/> | Break 2 eggs into a large mixing bowl and add caster sugar. Whisk with electric whisk until thick and creamy. TOP TIP: it should be pale and double the volume it started as. |
| <input type="checkbox"/> | Pour the cooled chocolate mixture over the eggy mousse, then gently fold together taking care not to lose the bubbles in the mouse. |
| <input type="checkbox"/> | Gently fold in the flour and the cocoa powder. Pour into the baking tin and cook for 15 minutes |
| <input type="checkbox"/> | Carefully take it out of the oven and gently press the Cadbury's Crème Egg halves into the mix spacing them apart evenly. Put it back in the oven for 5 - 10 minutes |
| <input type="checkbox"/> | Leave to cool for 10 minutes, carefully remove from the tin and cut into sections so you have a cream egg on each piece. |

Stop

BFS COMPUTER SCIENCE



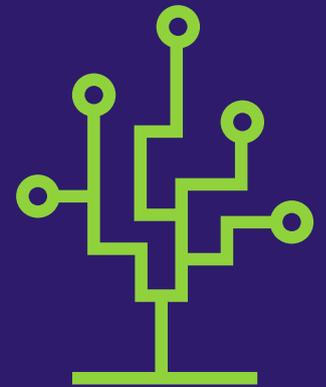
THE OXFORD UNIVERSITY COMPUTING CHALLENGE

The Oxford University Computing Challenge (Bebras round 2) will happen in between 7- 11 February.

Students who have made it to the second round of Bebras computing challenge have been sent link to practise in Class Charts. All the best to all the students who will be participating in the competition.



MRS RAMANANDI



CREATIVE IMEDIA

BFS Computer Science is offering a new subject this year for students who are interested in creative side of computing.

Digital Media is a key part of many areas of our everyday lives and is vital to the UK economy. Production of digital media products is a requirement of almost every business so there is huge demand for a skilled and digitally literate workforce. This qualification will help students develop specific and transferable skills such as research, planning, and review, working with others and communicating creative concepts. The qualification's hands-on approach has strong relevance to the way young people use the technology required in creative media. There are many career choices within the Creative iMedia field. These include animation, digital marketer, film/video editor, Games Developer, Graphic designer, magazine features editor, media buyer and newspaper journalist.

For more details, please contact Mrs. Ramanandi





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



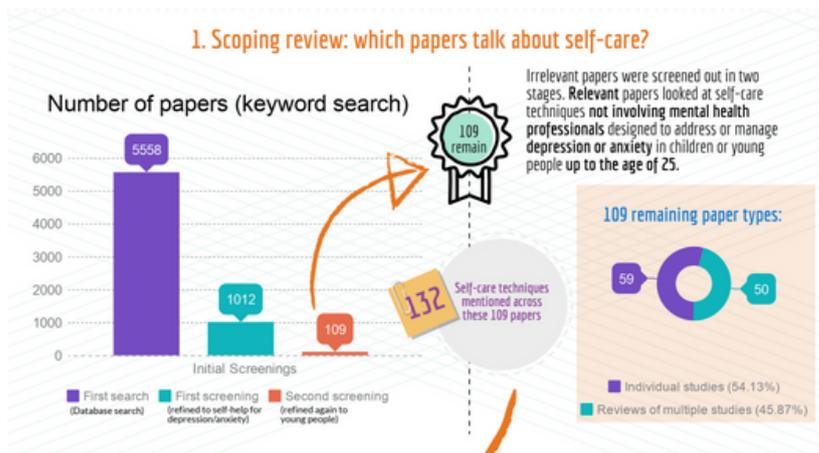
Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

SELF-CARE IS ABOUT THE THINGS WE CAN DO TO LOOK AFTER OUR OWN MENTAL HEALTH

Young people reveal that when they are struggling they are usually told to see a professional. They don't often get much advice about how they could help themselves. We're sharing these Anna Freud strategies with you to help you to manage your wellbeing. It's up to you to decide what helps. If it works, keep doing it.



ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES SELF-CARE SURVEY RESULTS

We asked more than 100 young people between the ages of 11-25 who have ever felt depressed or anxious which of the approaches identified during the scoping review worked for them. Here is a small sample of the results:



TRY CREATING A SELF-CARE PLAN



This booklet is for young people and will give you some ideas of things you can try, to help you find what works for you.

<https://www.annafreud.org/media/15030/my-self-care-plan-secondary.pdf>

SELF-CARE TIPS FOR PARENTS & CARERS

This booklet offers some simple self-care advice for young parents and carers about the importance of self-care and looking after their own mental health and wellbeing whilst raising children.

<https://www.annafreud.org/media/12208/selfcarepc-final.pdf>



PROJECT ZAZI - OTR



MRS PARASKEVA

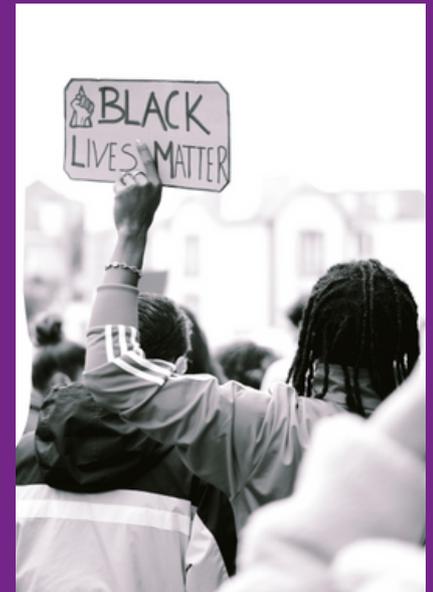


Project Zazi: Is the name for our work with young black people and young people of colour and supports them in exploring culture and identity.

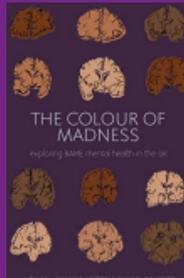
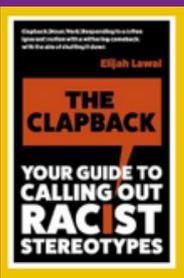
The Zazi Library

The Zazi Library is a digital catalogue of all of Team Zazi's favourite pieces of media! Inside there are books, interviews, poems, comics and graphic novels and also digital pieces such as podcasts, Instagram accounts and YouTube channels etc. It's updated quarterly so do check regularly! Here's the link:

<https://www.otrbristol.org.uk/wp-content/uploads/2017/08/Zazi-Library-Spring-2021.pdf>



- BOOKS + POETRY
- COMICS/GRAPHIC NOVELS
- YOUTUBE CHANNELS
- INTERVIEWS
- ONLINE RESOURCES
- PODCASTS
- MOVIES & TV



VOTES FOR SCHOOLS

Next week students will be discussing 'Should voting be made easier' - why not continue the conversation at home.

Continue the conversation at home...

Should voting in the UK be made easier?

Which method of voting do you think is the best & why?

What could be done to tackle voter apathy in the UK?

If we didn't vote, how else could we choose our leaders?