

Bulletin

Aspiring Student Chef Finalist Recipes

Keira

SCHOOL/COLLEGE: BRISTOL FREE SCHOOL.

Recipe: Pork tenderloin fillet with mash potatoes and green beans.

Why I chose this dish: This meal is nutritionally balanced, with protein and iron in the meat, carbohydrate in the potato and vitamin K and calcium in the green beans. The colourful dish uses a range of knife and culinary skills; roasting, simmering, caramelising and gravy making.

Why I want to win: I would like to improve my culinary skills and learn more about food and flavours. I like to cook when I'm free at the weekend, trying out different meals and new recipes on my family.



INSPIRING CULINARY GENERATIONS

2021-22



Max

SCHOOL/COLLEGE: BRISTOL FREE SCHOOL.

Recipe: Vietnamese sticky salmon with pak choi, coconut and saffron rice and an asian cucumber salad.

Why I chose this dish: It sounded similar to what I would choose in a restaurant but much healthier. I also thought my family would enjoy it.

Why I want to win: I am 14 and I love cooking and eating. I would love to win because I would like to have the opportunity to take my cooking further in the future.



CONGRATULATIONS TO KEIRA AND MAX FOR BEING IN THE FINAL OF THE INSPIRING CULINARY GENERATIONS COMPETITION ON 28 FEBRUARY 2022. THE ICG COMPETITION IS A NATIONAL COMPETITION DESIGNED TO ACKNOWLEDGE & ENCOURAGE EXCELLENCE IN THE CATERING INDUSTRY AND IN THE HOME. THIS EVENT REACHES OUT TO ALL YOUNG CATERING STUDENTS & KEEN HOME COOKS WHO HAVE A PASSION FOR COOKING. HOW DELICIOUS DO THEIR DISHES LOOK!

KEY DATES

- Friday 18 February - Half Term
- Monday 28 February - Term 4 starts
- Monday 28 February - Year 11 & Year 13 Mock (Week 2)
- 28 March - DofE Skills Day

INFORMATION FOR PARENTS ON THE VACCINATION PROGRAMME

The DfE has published some frequently asked questions on the vaccination programme including information on eligibility, accessibility and advice for parents of children at high risk from COVID-19. Please view it here:

https://educationhub.blog.gov.uk/2022/02/11/vaccinations-for-clinically-vulnerable-children-and-young-people-your-questions-answered/?utm_source=16%20February%202022%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19

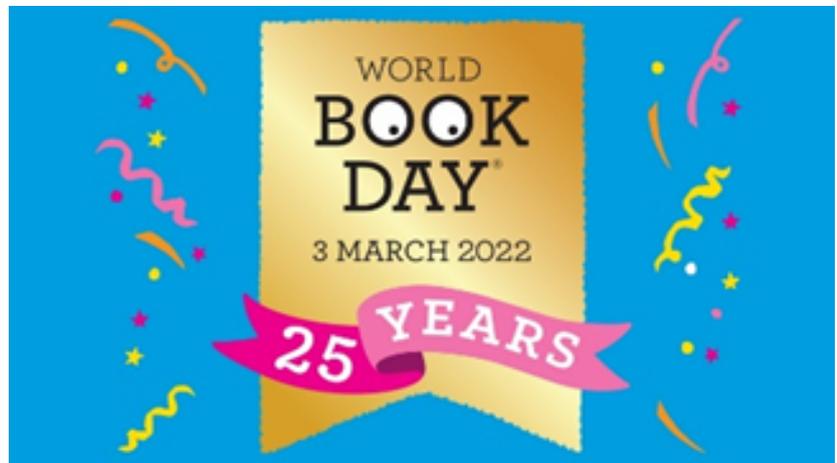


WORLD BOOK DAY

MISS CURRIE

This year, World Book Day is celebrating its 25th birthday on Thursday 3 March! World Book Day is actually more than just a day. It's a registered charity that changes lives through a love of books and shared reading. It brings books to the young people who need them most. This year promises to be extra special as they celebrate 25 years of bringing a love of reading to young people. World Book Day is a brilliant opportunity for everyone to believe they are a reader. Your World Book Day book tokens should now be available to collect from your English teacher. There is a selection of four brilliant £1 books for you to choose from this year, depending on your interests. You can buy your book between 17 March - 27 March so don't miss out!

Please visit worldbookday.com for more information.



HOW ARE WE GOING TO CELEBRATE AT BFS YOU ASK...? WELL, LET ME UPDATE YOU!

DESIGN A BOOK COVER!

WE ARE RUNNING A 'DESIGN A BOOK COVER' COMPETITION FOR ALL THOSE BUDDING ARTISTS AMONG YOU! YOU JUST NEED TO PICK YOUR FAVOURITE BOOK (DIFFICULT TO DO OF COURSE) AND RE-DESIGN THE FRONT COVER. PLEASE SUBMIT ALL ENTRIES TO MISS LOMBARD, MRS SPEAR OR MISS CURRIE IN THE LRC ON OR BEFORE 2 MARCH. THE BEST ENTRIES WILL BE DISPLAYED IN THE LRC AND THERE WILL BE A PRIZE FOR THE WINNER.

SHOW US YOUR FAVOURITE CHARACTER

UNFORTUNATELY, WE AREN'T ABLE TO HAVE A FANCY DRESS DAY THIS YEAR, BUT WE WOULD STILL LOVE TO SEE YOU DRESSED AS YOUR FAVOURITE CHARACTER. PLEASE SEND IN A PHOTO OF YOU DRESSED UP AND WE WILL ANNOUNCE THE WINNER IN THE NEWSLETTER.

WORLD BOOK DAY QUIZ

FINALLY, WE WILL BE RUNNING A BOOK QUIZ ON WORLD BOOK DAY (THURSDAY 3 MARCH) IN THE LRC DURING LUNCHTIME. THIS WILL BE FOR YEARS 7, 8 AND 9 AND THE QUIZ WILL BEGIN AT 12.10.

YOU CAN PICK UP AN ENTRY FORM IN THE LRC. PLEASE FILL IN YOUR TEAM NAME AND TEAM PLAYERS AND BRING IT BACK TO THE DESK.

BFS DRAMA



MS CLIFTON

BFS MATILDA PRODUCTION

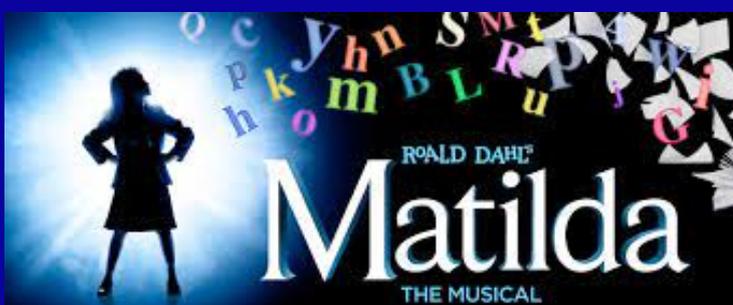
Dear lovely, wonderful, talented Matilda cast,
As you aware, we have had a challenging time with absences over the past few months, which has impacted our ability to make progress with our rehearsals. As a result, we have postponed the performances until 14 and 15 July to ensure that we are fully prepared to put on an amazing show.

The songs are sounding great and the acting is almost Oscar worthy, now we just need to put it all together!

Please see below the rehearsal schedule going forward. You will notice that you will be needed every week and it's absolutely vital you attend. We wish you a restful half term break and look forward to seeing you all when we're back!



Date	Scene	Characters
Weds 2nd March	Songs- Miracle, The Hammer, plus recap all songs	WHOLE CAST
Weds 9th March	All Wormwood scenes plus bows and all songs	WHOLE CAST
Weds 16th March	All classroom scenes plus Wormwood song	Trunchbull, Miss Honey, Mrs Phelps, Nigel, Matilda, Lavender, Tommy, Amanda, Bruce, Alice, Hortensia, Eric, Rebecca, Wormwoods
Weds 23rd March	Epilogue: The Wormwood House, plus all songs	WHOLE CAST
Weds 30th March	When I Grow Up	WHOLE CAST
Weds 6th April	Bruce plus Matilda solos	WHOLE CAST
Weds 27th April	School Song and Trunchbull solos	WHOLE CAST
Weds 4th May	Revolting Children, Chokey Chant and Miss Honey solos	WHOLE CAST
Weds 11th May	Whole show acting	Everyone with speaking role, plus crew
Weds 18th May	When I Grow Up and Bows	WHOLE CAST
Weds 25th May	Miracle, The Hammer	WHOLE CAST
Weds 8th June	Smell of rebellion	WHOLE CAST
Weds 15th June	All songs with band	WHOLE CAST
Weds 22nd June	Scenes 1-8 run through	WHOLE CAST plus crew and technicians
Weds 29th June	Scenes 9-bows run through	WHOLE CAST plus crew and technicians
Weds 6th July until 5pm	Full run through	WHOLE CAST plus crew and technicians
Weds 13th July until 5pm	Dress rehearsal	WHOLE CAST plus crew and technicians



BFS HOUSE ART AND PHOTOGRAPHY COMPETITION



MR WALKER

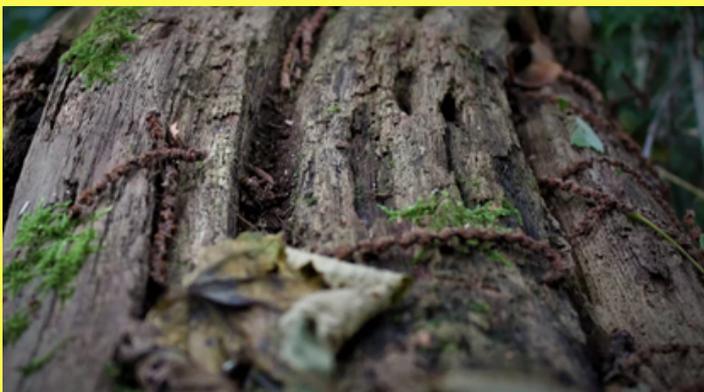
Thank you to everybody who has submitted entries for this terms BFS House Art and Photography Competition. There were an overwhelming number of entries for our 'Spring' themed event. Well done to everybody who entered. Every entry will receive a House Point next term.

We are very hopeful we will be able to hold House Assemblies in Term 4 where we can also share the plans for our Super STEM event for all year groups, but that is top secret at the moment!

BRISTOL FREE SCHOOL PRESENTS TO YOU...

*2022 ART AND
PHOTOGRAPHY
COMPETITION*

Have a look at some of the entries below!



BFS HISTORY



MR MACBLAIN

FRENCH REVOLUTION

In History, this term, Year 8 have been studying the French Revolution and have particularly enjoyed some of the gruesome tales of the guillotine. Here is a selection of some wonderful pieces of homework (there were far too many to include here, sadly), where students were asked to write a newspaper article about the events of 'The Terror' in France. A truly terrifying experience!

END OF TERROR

The reign of Terror has come to an end

28 July 1794

TERROR

The reign of terror has finally come to an end. After Robespierre was overthrown the blood shed has almost stopped, not completely as the execution of Robespierre will happen today. Read on for more.

After around 17,000 people were officially executed and many more died in prison or beaten to death on the streets



Revolution hats. Get a revolutionary hat now this is what you need to complete your look.



another astonishing amount of 200,000 people were arrested why did it take so long for this to stop. If you would like more information on this, go to page four where we will get different stories from French citizens who will share their views.

Now we hear from a young citizen about their time during the revolution. "At first, back in September I thought this was going to be brilliant because Robespierre was on an are side, he used to be in the national assembly." The interviewee explains. "But then suddenly heads were getting chopped off quickly. I mean you said the slightest thing that might suggest you are against it then next thing you know dead or imprisoned I didn't want to go out in fear that I might say something wrong." They explain how they have felt and express that they have felt trapped because they're so worried, they'll say something wrong. Let's see how they feel

The Daily News

July 27 1794

GUILTY

After 17,000 people executed in France plus an extra 200,000 people arrested Maximilien Robespierre leader of the National Convention was overthrown and removed from power. Plays for his execution for following day.



Maximilien Robespierre, a trained lawyer who had been involved in the Revolution as a National Assembly. He became leader of the National Convention in 1793. Robespierre also ran a group of men called the committee of Public Safety, he felt his duty was to preserve the revolution even if it meant violence and terror. They introduced several new laws "Law of Suspects" (a law said that anyone who was even suspected as an enemy of the revolution was to be arrested). The Revolutionary Tribunal was created to trial their political enemy



THE REIGN OF TERROR: FRANCE

Death of people during Terror

During this Reign of Terror around 17,000 people had been executed in France and 2,639 had been executed in Paris. A lot more people died whilst they were in prison or people even got beaten on the streets. Over 200,000 people had been arrested!

Death of Maximilien Robespierre

Many people were not happy with the Laws of Terror and decided to do something about it. They decided to overthrow Robespierre. Today, on July 27th 1794 Maximilien Robespierre was removed from power and the Reign of Terror is over! Today he was executed.

The date is the 27th of July 1794 and the French revolution had started four years ago from the storming with the Bastille. Now, France is being attacked by foreign countries and the Jacobins have taken over the government, and have started 'The Reign of Terror!' This group is led by a person called Maximilien Robespierre, who is a trained lawyer and was a member of the National Assembly and became leader of the National Convention.

Robespierre said that it was his duty to preserve the Revolution even if that means using violence and terror! He also lead a group of men called the Committee of Public Safety. The Committee had introduced several new laws (laws of "Terror"). The laws that were passed were ones that defined those who should be arrested as counterrevolutionaries, and committees and surveillance had been set up to identify suspects and issue warrants. One of the laws was called "Law of Suspects". This law says that anyone who is even suspected as being an enemy of the Revolution should be arrested. At one point the court only had two verdicts: 1)innocent 2)was put to death.

Paris Times

With Louis XVI dead, Maximilien Robespierre and the Committee of Public Safety are in charge, our sources are telling us that our country may be in jeopardy.



With the new laws of "Terror", and people being executed every day you should be warned, any anti-revolutionary actions can and will get you killed.

To understand this, we'll have to go back to when the revolution was brewing...

The revolution began when people got fed up of King Louis XVI living in luxury while the public was starving. Louis was spending money on foreign wars, leaving no money for the people. There were also bad harvests for three years leading up to the revolution, leaving the people to starve. This caused people to revolt and Louis to be put on trial. He was found guilty of treason and sentenced to death.

Now, five years later Robespierre is in charge and the Reign of Terror is beginning...





BFS EAL



MISS ROWDEN

CELEBRATING BFS DIVERSITY

At Bristol Free School we have a wide variety of diverse languages and cultures within our community. We have at least 32 languages spoken here; from Arabic to Portuguese! We are very proud of this level of diversity and we believe that this should be celebrated! Please see the list of all the different languages currently spoken within the BFS community. How many of them have you heard of before? If there are any languages missing from this list that you know of, please let Miss Rowden know in DF15!

Students who work with English as an Additional Language (EAL) at BFS are entitled to regular support and check-ins from the EAL team. We offer additional reading intervention, as well as more grammar-focused sessions, which allow you to develop an understanding of how the English language works and to be able to produce it successfully.

Did you know that we also have a fantastic Language Ambassador Scheme at BFS? The main point of this initiative is to celebrate the importance of cultural and linguistic diversity and to raise the profile of languages at BFS. If you are interested in finding out more about this scheme or signing up, please speak to Mr Nouas in DF19.

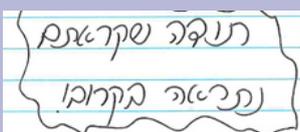
LANGUAGES SPOKEN AT BFS

- Arabic // Urdu // Somali // Bengali // Chinese // Farsi // Polish // Hungarian // Mandinke // Hebrew // German // Albanian // Panjabi // Malayalam // Kurdish // Spanish // French // Romanian // Thai // Italian // Japanese // Kannada // Gujurati // Hindi // Portuguese // Lithuanian // Russian // Turkish // Twi // Vietnamese // Bulgarian // English //

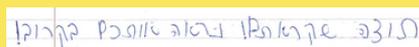
EAL STUDENTS TO SHARE SOME MORE INFORMATION ABOUT THEIR DIFFERENT LANGUAGES, CULTURES AND ASPIRATIONS. ALL STUDENTS HAVE WRITTEN "THANK YOU FOR READING, SEE YOU SOON!" AT THE END OF THEIR WORK IN THEIR NATIVE LANGUAGES SO THAT YOU CAN VISUALISE HOW THESE ARE FORMED (AND HOW DIFFERENT THEY ARE COMPARED TO ENGLISH!). WE HOPE THAT YOU ENJOY READING THESE PIECES!



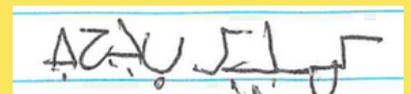
"MY NAME IS NOAM. I SPEAK HEBREW AND ENGLISH. I COME FROM ISRAEL. I THINK LANGUAGES IS IMPORTANT BECAUSE THERE IS A LOT OF COUNTRIES THAT PEOPLE SPEAK IN THEM A LOT OF DIFFERENT LANGUAGES AND IT'S GOOD TO KNOW SOME OF THEM TO KNOW HOW TO TALK WITH SOMEONE THAT SPEAK DIFFERENT LANGUAGES THAN YOURS. IN THE FUTURE I WANT A BAKERY OF MY OWN AND I WOULD LIKE TO SELL THING I MADE IN THERE (CAKES, COOKIES AND SWEETS)."



"HI! MY NAME IS AMIT AND I AM IN 7TG2. I SPEAK HEBREW AND ENGLISH. I AM FROM ISRAEL. I THINK LANGUAGES IS IMPORTANT BECAUSE EVERY COUNTRY GOT ITS OWN LANGUAGE WHICH MAKES IT SPECIAL. IN THE FUTURE I WANT TO BE A FAMOUS FOOTBALL PLAYER FOR MANCHESTER UNITED AND I WANT TO BE NUMBER SEVEN."



"MY NAME IS DANI, I AM IN 8TG2. I SPEAK KURDISH AND SORANI. MY FAMILY COME FROM KURDISTAN. KURDISTAN IS VERY HOT AND THERE IS NO BEACHES. LANGUAGES ARE IMPORTANT AND KURDISH IS IMPORTANT BECAUSE IT IS A HARD LANGUAGE THAT IS VERY RARE TO FIND SOMEONE THAT SPEAKS IT."



INTERNATIONAL MOTHER LANGUAGE DAY 21 FEBRUARY

International Mother Language Day is celebrated every year on the 21 of February and the purpose of this day is to raise awareness of language, cultural diversity and multilingualism around the world.

WHY IS INTERNATIONAL MOTHER LANGUAGE DAY IMPORTANT?

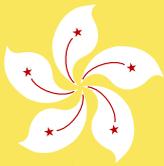
Through globalisation, many languages are under threat of disappearing altogether but they are a crucial aspect of preserving cultures around the world. At least 43% of the world's estimated 6000 spoken languages are endangered. Every two weeks, a language completely disappears, and the cultural and intellectual heritage is gone with it. 40% of the people in the world don't have access to education in a language that they understand.

WATCH THIS CLIP TO FIND OUT SOME MORE INTERESTING FACTS:

<https://www.thereisadayforthat.com/holidays/united-nations/international-mother-language-day>



"MY NAME IS GORDON AND I AM IN 8TG6. I SPEAK CANTONESE AND ENGLISH. ME AND MY FAMILY COME FROM HONG KONG. I THINK LANGUAGES ARE IMPORTANT BECAUSE IF YOU LEARN A LOT OF LANGUAGES YOU CAN TRAVEL EASILY AND YOU DON'T NEED PEOPLE TO HELP YOU TRANSLATE - YOU CAN MORE ENJOY YOUR TRIP!"



LANGUAGE IS IMPORTANT ALSO BECAUSE IF EVERYONE SPEAKS THE SAME LANGUAGE PEOPLE CAN HAVE A CHAT WITH DIFFERENT TYPES OF PEOPLE. I WANT TO BE A MUSICIAN WHEN I GROW UP. I HAVE PLAYED THE PIANO FOR SIX YEARS AND TO MAKE MY DREAMS COME TRUE I HAVE TO STUDY MUSIC MORE."

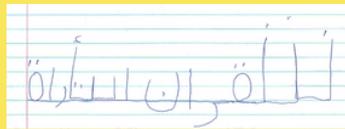
感謝您的閱讀！再見！



"MY NAME IS OMAR AND I WAS BORN IN EGYPT WHERE I LEARNT HOW TO SPEAK AND WHEN I WAS TWO YEARS OLD MY PARENTS DECIDED TO MOVE TO WALES FOR JOB PURPOSES BUT WHEN I TURNED FIVE WE RETURNED BACK TO EGYPT TO SEE OUR LOVED ONES AND WE STAYED THERE UNTIL I WAS EIGHT. THEN WE MOVED BACK TO CARDIFF



BECAUSE OF A CIVIL WAR WHERE WE CONTINUED TO STAY UNTIL I WENT TO SECONDARY AND WAS PUT IN 7TG7 AND HAD A LOT OF FUN. I BELIEVE ALL LANGUAGES ARE IMPORTANT AS IT'S LIKE A SECOND SOUL!"



"HELLO, MY NAME IS LENA AND I AM IN TUTOR GROUP SIX. I WAS BORN IN BULGARIA WHERE MY WHOLE FAMILY IS FROM. THE LANGUAGES I AM CURRENTLY SPEAKING AND LEARNING ARE BULGARIAN AND ENGLISH. I AM ALSO LEARNING FRENCH AND SPANISH. MY WHOLE FAMILY IS FROM BULGARIA BUT FROM DIFFERENT SECTIONS.



MY MUM IS FROM PLEVEN AND MY DAD IS FROM URACHESCH AND I AM FROM SOFIA (A.K.A. THE CAPITAL CITY). I THINK LANGUAGES ARE IMPORTANT BECAUSE IT WOULD BE BORING IF WE ALL SPOKE THE SAME LANGUAGE AND IT IS COOL TO LEARN HOW OTHER PEOPLE SPEAK, THEIR CULTURES AND THEIR ACCENTS. LASTLY, MY FUTURE DREAM IS TO BECOME AN ACTRESS AND DO COMEDY BECAUSE IT IS MY PASSION AND I'M VERY AMBITIOUS FOR IT. SO I HOPE I WILL SUCCEED!"

Благодаря ви, че четете! Ще се видим скоро!



BFS SPORT



MS URCH

SPORT LEADERSHIP ACADEMY



Last week saw the first of six SLA sessions start. 38 students across years 8 to 10 fully threw themselves into the first session which was dedicated to verbal and non-verbal communication. Students previously applied to be part of this new and exciting Academy and I am very excited by the level of enthusiasm and dedication so far.



MRS WYNNE-JONES

EXTRA-CURRICULAR PE TIMETABLE

TERM 4 2021-22

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch				Year 10&11 Basketball	
After School	Year 8 & 9 Basketball	Badminton	Girls Football KS3 Indoor Hockey Year 9 & Year 10 Football	KS4 Indoor Hockey Year 7, 8 & 11 Football	XC Club Sports Leaders Academy

THIS WEEK IN DESIGN & TECHNOLOGY



FASHION IS A WAY OF SAYING WHO YOU ARE, WITHOUT HAVING TO SPEAK



MRS HARVEY

New to this academic year is our wonderful Fashion and Textiles A level course. It is a fantastic course that focuses on the detail of cutting and constructing garments, whilst developing the ability to investigate problems and find design solutions to them.

This term our students have been working on corsets - a complex garment that takes a lot of attention to detail and skill in making. Students have been tasked with showing off their design flair with textile decoration, whilst also cutting and constructing a fully lined corset from a pattern. The students are very close to completing their garments and have been working extremely hard each lesson.

This week's Creative Director Award goes to Holly Corbett for excellent attention to detail. Your garment looks as neat and tidy on the inside as it does on the outside. An important skill to master!

Watch this space for all the amazing final products. They will feature in our display cabinet in C block very soon!



NATALIE, Y12



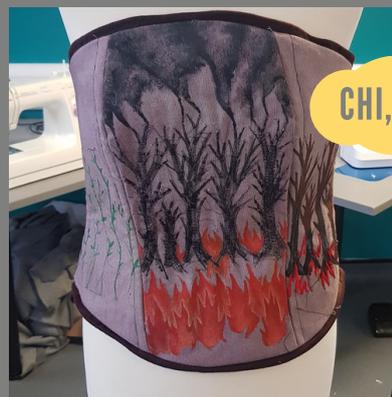
HOLLY, Y12



WELL DONE HOLLY!



TRINITY, Y12



CHI, Y12

