

Newsletter

STAND WITH UKRAINE

Dear Parents, Carers and Students

I hope this newsletter finds you well.

BFS COMMUNITY

BFS community came together on Wednesday to raise money for the Disaster Emergency Fund for Ukraine through the non-uniform day and a bake sale. I was so impressed with the creativity and effort so many young people put into the success of that day. We made £588.93 on the bake sale alone and we sold every cake by the middle of lunchtime! It was such a positive response in a short space of time. I would like to thank families for supporting us.



The news from Ukraine every evening is very distressing and it can be hard for young people to make sense of the images they are seeing. It is hard not to feel anxious about how events are unfolding in Europe. In School we have been looking at this through the tutor programme and giving space for students to learn more about this conflict and ask questions.

UKRAINE SUPPORT AT HOME

As parents/carers it is a good idea to pick up these conversations at home as well.

You can check their understanding and talk openly about the news and how world leaders are using diplomacy to ensure the situation does not worsen. I recommend that you explain how some stories on social media may be based on rumours or inaccurate information and use reliable news sources like Newsround, which is age appropriate. You might wish to watch and discuss with your child this Newsround video on spotting fake news about the crisis in Ukraine.

<https://www.bbc.co.uk/newsround/60568631>



OFSTED

On another note, last week we welcomed Ofsted to the school. The last inspection was in March 2018 and things have changed a lot in that time. I am pleased to report BFS did extremely well and the inspection team were very positive about the quality of education and wider work of the school.

The number of parents/carers who completed the parent view was incredible and the inspector said it was more than she had seen in her time inspecting schools. The staff appreciated your support for the work they do. The full report will be available within 3 weeks and I look forward to sharing that with you.

MATHS CHALLENGE

I would like to thank Mr Aldridge for organising the second round of the National Maths Challenge. We had 22 students participate across Y9 to Y11 which is fantastic. We wish them all well.



GOOD LUCK SKYE

Finally, good luck to Skye R who will be doing some sponsored walks to raise money for the Ukraine Appeal and Second Step.

I hope you enjoy the sunny weekend.

Best wishes,



MRS S KING

KEY DATES

- Mon 28 March - INSET Day & DofE Skills Day
- Tuesday 29 March - Year 10 Art trip to Westonbirt
- Saturday 2 April - Ramadan starts
- Tuesday 5 - Wednesday 6 April - A Level Biology & Applied Science trip to Folly Farm
- Friday 8 April - End of Term 4 & Year 12 Geography Field Trip
- Monday 25 April - Start of Term 5

FUNDRAISING WALK



Hi, I'm Skye and I'm 13 years old. On 26 March I will be walking from the Clifton Suspension Bridge to The Plough in Pilning with the support of family, friends and charity members. The walk is 8.2 miles with 2 stops. When we arrive at The Plough there will be a massive raffle, a singer, a disco, and cupcakes.

Anyone is welcome! The raffle strips are £2 and all the money raised will be going to the 2 charities; Ukraine Appeal and Second Step (Men's Mental Health).



As part of my fundraising I will be climbing Snowdonia on 23 April with the support of my Mum.

PARENT INFORMATION SESSION

CHILD SEXUAL EXPLOITATION AND SOCIAL MEDIA

WHEN? - MONDAY 21 MARCH 6:30-7:30PM

WHERE? - ONLINE VIA TEAMS



https://teams.microsoft.com/l/meetup-join/19%3ameeting_YjQ2NzhkOGMtMGJiNC00MjY0LWEzNzQtMmM2M2E4NGU2MDdh%40tHread.v2/0?context=%7b%22Tid%22%3a%22870a296c-5d25-4b9c-9250-523f7f3435f1%22%2c%22Oid%22%3a%2241196ce7-176d-4563-93e8-76b8c6cac9ed%22%2c%22IsBroadcastMeeting%22%3atru%7d&btype=a&role=a

Please see the link to the parent information evening on Child Sexual Exploitation and Social Media, which is being run by Avon and Somerset Police. The session will run from 6.30pm-7.30pm on Monday 21 March and is aimed at highlighting potential warning signs of exploitation and where to access support. It will also boost parental awareness of some of the issues around social media and the apps that are now available. To attend the event just click the link at the start time of the session. For more information please contact Mr Whitfield on s.whitfield@bristolfreeschool.org.uk

The session will be delivered by Androulla Nicolaou, Child Exploitation Officer for Avon and Somerset Police's TOPAZ Child Exploitation team.

Child Sexual Exploitation is happening

Exploited children are led to believe they are in a loving relationship, or feel too scared to tell anyone about the abuse they are suffering.

Ask me. Ask me again. Keep asking...

Child Sexual Exploitation is happening

Exploited children are led to believe they are in a loving relationship, or feel too scared to tell anyone about the abuse they are suffering.

Ask me. Ask me again. Keep asking...
www.avonandsomerset.police.uk/cse

BFS SUPPORTS UKRAINE



STAND WITH UKRAINE

Help For Ukraine

To our amazing community, a heartfelt thank you to everyone who baked and bought cakes for our bake sale yesterday.

We were so overwhelmed with how many cakes we received and we raised a total of £588.93! Can you see why they sold out so quickly? #BFSCommunity @decappeal

WEDNESDAY 16 MARCH A DAY FOR UKRAINE



- £30 COULD PROVIDE ESSENTIAL HYGIENE SUPPLIES FOR THREE PEOPLE FOR ONE MONTH
- £50 COULD PROVIDE BLANKETS FOR FOUR FAMILIES
- £100 COULD PROVIDE EMERGENCY FOOD FOR TWO FAMILIES FOR ONE MONTH



BFS SUPPORTS UKRAINE



STAND WITH UKRAINE

Help For Ukraine

Mrs Taylor has made these lovely stickers to show support for Ukraine. Students were able to show their support by collecting these at the bake sale. Check out Year 12 modelling them beautifully! Thank you to Mrs Taylor for bringing them in.



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BFS SUPPORTS UKRAINE



**STAND WITH
UKRAINE**

UNDERSTANDING CONFLICT WITH BOOKS



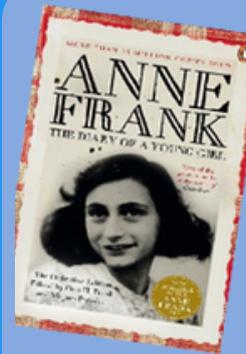
MISS CURRIE

War can be a difficult subject for anyone to comprehend, especially children. Reading is a fantastic way for students to learn about conflicts and to develop empathy and understanding for those living through war.

By presenting us with scenarios and characters that we most likely wouldn't encounter in everyday life, books open up a window for us to expand our thoughts and feelings, to challenge our beliefs and to ask ourselves, 'what would I do in the same situation?'. As a spectator to the tale, we get an insight to people's motives, actions and then, inevitably, the consequences of those actions. Seeing the drama unfold in this way gives us space to examine what our own opinion of the situation is.

We might put down the book, make our way to the kitchen for a brew and start debating whether the chocolate digestives or ginger nuts look better today, but we still carry our thoughts and feelings from the book back into our real life.

Over the last few months, we have all witnessed tragic events unfolding in Afghanistan and Ukraine. We truly believe that books help us to be more responsive and active in our ways of thinking about what we are currently seeing on the news. We have compiled a list of literature to help students understand conflict and process their own feelings about what they read and see.



**ANNE FRANK: THE DIARY
OF A YOUNG GIRL**

NOW WIDELY REGARDED AS ONE OF THE MOST IMPORTANT PIECES OF HISTORICAL LITERATURE OF ALL TIME, ANNE FRANK'S DIARY IS A POIGNANT AND POWERFUL INSIGHT INTO THE LIFE OF A CHILD IN HIDING FROM THE NAZI OCCUPATION.



**CARRIE'S WAR BY NINA
BAWDEN**

INSPIRED BY NINA BAWDEN'S OWN EXPERIENCES OF LIVING AS AN EVACUEE IN A WELSH MINING VALLEY AS A CHILD, CARRIE'S WAR IS NOW CONSIDERED A MODERN CLASSIC. FUNNY, SAD AND THOUGHT PROVOKING.

UKRAINE HUMANITARIAN APPEAL



**INTERNATIONAL
RESCUE
COMMITTEE
DEC MEMBER**

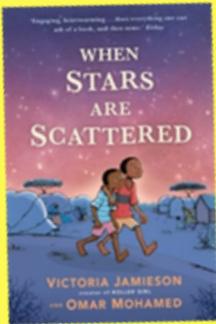


BFS SUPPORTS UKRAINE



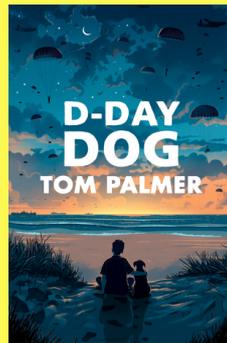
STAND WITH UKRAINE

UNDERSTANDING CONFLICT WITH BOOKS CONT..



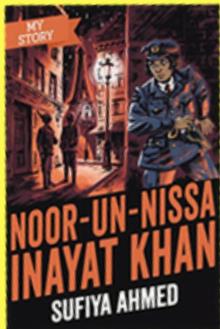
WHEN STARS ARE SCATTERED

A GRAPHIC NOVEL THAT DEPICTS THE STORY OF TWO BROTHERS LIVING IN A REFUGEE CAMP AND THE DEALING WITH THE CHALLENGES OF DAILY LIFE. THIS BOOK PERFECTLY DEPICTS LIFE IN A REFUGEE CAMP FOR 8-12 YEAR OLDS.



D-DAY DOG BY TOM PALMER

JACK'S FAVOURITE THINGS ARE HIS DOG, FINN, AND PLAYING WAR-THEMED VIDEOGAMES WITH HIS DAD, WHO'S AN ARMY RESERVIST. HE'S EXCITED ABOUT THE SCHOOL TRIP TO NORMANDY AND THE CLASS PROJECT ON WORLD WAR II. WAR AND BEING A SOLDIER SEEM LIKE REALLY EXCITING THINGS. AS THE CLASS BEGINS THE RESEARCH FOR THEIR PROJECT, THOUGH, JACK'S PERCEPTIONS ARE QUESTIONED AT EVERY TURN.



MY STORY: NOOR-UN-NISSA INAYAT KHAN BY SUFIYA AHMED

THIS IS THE INCREDIBLE TRUE STORY OF NOOR INAYAT KHAN, A MUSLIM WOMAN WHO SPIED FOR BRITAIN DURING THE SECOND WORLD WAR. NOOR IS WRITTEN BY SUFIYA AHMED AS A BRAVE AND FIERCELY IMPASSIONED YOUNG WOMAN, PAINTING HER LIFE WITH METICULOUS DETAIL AND A REALISTIC FIRST PERSON VOICE.



WINDRUSH CHILD BY BENJAMIN ZEPHANIAH

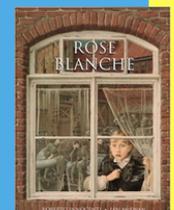
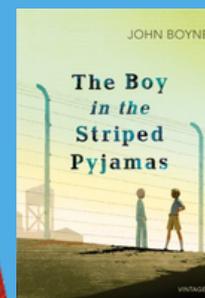
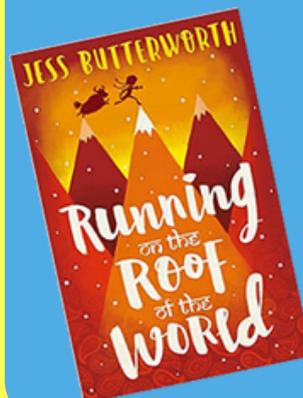
LEONARD IS A LITTLE BOY WHO TRAVELS WITH HIS MOTHER FROM JAMAICA TO ENGLAND AFTER THE SECOND WORLD WAR. BENJAMIN ZEPHANIAH SHARES HIS STORY RIGHT UP TO 2018 AND THE WINDRUSH SCANDAL - WHEN LEONARD, AS AN OLD MAN, IS DENIED CITIZENSHIP IN THE COUNTRY HE HAS LIVED IN HIS ENTIRE LIFE.



THE BOY AT THE BACK OF THE CLASS BY ONJALI Q. RAUF

THIS IS THE STORY ABOUT HOW FOUR CLASSMATES HAVE A MASSIVE IMPACT ON THE LIFE OF AHMET, A BOY THAT COMES TO THEIR SCHOOL AS A REFUGEE FROM SYRIA. AN INSPIRING AND SWEET TALE THAT SHOULD HELP CHILDREN BE THE BEST THEY CAN BE AND REALISE THE POWER OF KINDNESS.

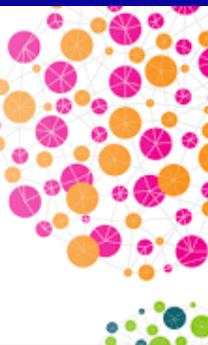
STUDENTS CAN VISIT US IN THE LRC FOR MORE RECOMMENDATIONS!



BFS BRITISH SCIENCE WEEK



11-20 March
British
Science
Week
2022



To celebrate British Science Week 2022 we have had so much fun in the Science Department! Year 10 have been working hard on their rates of reaction topic and exploring anatomy with heart dissections!



WHAT'S BEEN HAPPENING IN SCIENCE CLUB?

This week in CSI: Science Club, students put their analytical brains to the test and worked together to decipher codes and hidden texts. Using forensic techniques, they uncovered secret messages and created their own using invisible ink. In the end, we discovered the identity of Mr Innes's Infamous "Irn-Bruglar"!



BFS BRITISH SCIENCE WEEK



British Science Week 2022 Competition: Aviation Creation



Aim: Design your very own aeroplane while discovering the huge growth in technology and innovation from early aeroplanes to modern jets. This activity will encourage you to be curious about flight and get creative working on a project.

Instructions

- 1) Research the changes in aeroplane design using the RAF Museum activity pack <https://www.rafmuseum.org.uk/london/schools/family-resources/>
- 2) Choose a task or job that you would like an aeroplane to do for you. Think about the different features of the planes you've researched and which would be most suitable for your task.
- 3) Draw up a design for your aeroplane. You can sketch it out or use a computer. Don't forget to think about the task you've selected.
- 4) Include some information with your design. Some questions to think and write about:
 - a. Which jobs/tasks are aeroplanes used for?
 - b. Why are aeroplanes different shapes and sizes?
 - c. Do you think more modern aeroplanes are always better?
 - d. How can we reduce the emission of aeroplanes or improve their impact on the environment?
- 5) Hand in your design to Mr. Lally (usually found in CG13) by 25th March, or email your electronic design to a.lally@bristolreeschool.org.uk



Winners will be announced during the week beginning 28th March!

Optional Extension

- 1) Make your aeroplane! Get some family or friends to help you think about and collect materials that might be useful – make sure to ask for permission first!
- 2) When you have collected your materials, it's time to assemble your plane. Take extra care if you are using scissors or glue.
- 3) Send a picture of your plane to a.lally@bristolreeschool.org.uk

**GOOD LUCK!
IF YOU HAVE ANY
QUESTIONS PLEASE
SEE MS BOARD**



British Science Week Poster Competition!

Are you in years 7, 8 or 9?
Are you creative and imaginative?
Are you a big fan of Science?
Do you like winning prizes?



If so, why not enter this year's Science Week poster competition!
The theme this year is 'growth'

- Entries can be individual or in a team
- Posters can be A4 or A3
- The Science team will choose a top 5 from school with those being entered in to the national competition.
- Closing date is Thursday 7th April and posters can be sent in to your Science teacher.



BFS SIXTH FORM



MISS NORTON

Y13 PASTORAL DAY

On Monday 14 March Year 13 had their final pastoral day. Students rotated through a series of different sessions throughout the day, all designed to prepare students for life after Sixth Form. Students enjoyed a cooking session in one of our brand-new food technology rooms where they learnt how to make a budget friendly and nutritious stir fry.

A huge thank you to Mrs Ford and Mrs Day for leading four cooking sessions back-to-back! Our Year 13 students really appreciated getting to experience the new facilities. Students also took part in a CPR session where they were able to practise this life saving skill using our Anne mannequins. Other sessions included 'Looking after your health in adulthood' which focused on the importance of health screenings and self-checks and 'Preparing for life at university and in the workforce', which focused on finances, student finance, accommodation and keeping safe.

CPR



FIRST AID



BFS CAREERS



MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER

EMPLOYER TALKS

Today we were delighted to host our first employer talk of the term, with Suzanne Padmore a partner at Burges Salmon giving a talk to KS4 and KS5 students about a career in law. Burges Salmon is a leading UK law firm with a national and international client base, including FTSE-listed companies, government departments, public bodies, executives and individuals. The firm operates throughout the UK and in all major European and international jurisdictions.

The talk was inspiring and it gave the students information about the many different roles and opportunities that are available at Burges Salmon and the law profession. I particularly enjoyed the question and answer session afterwards where the students asked some excellent questions. The apprenticeship programme that Burges Salmon offer is a great opportunity where students can qualify as solicitor, for more details about the programme:- <https://www.burges-salmon.com/careers/apprenticeships>



IF YOU WOULD LIKE TO WORK WITH THE SCHOOL, OFFERING EMPLOYER TALKS TO THE STUDENTS THEN PLEASE GET IN TOUCH WITH THE CAREERS DEPARTMENT.

BFS MFL

Task

Take a photo showing languages other than English in your local area - shop signs, bilingual street signs, film posters, advertisements and so on. Let your imagination flow!

'THE LANGUAGES LOCAL TO YOU'

A SECONDARY SCHOOL PHOTOGRAPHY COMPETITION FOR PUPILS AGED 11-16
- HOSTED BY THE DEPARTMENT OF MODERN LANGUAGES AND CULTURES, UNIVERSITY OF EXETER

Here are the guidelines:

- Provide a brief caption, describing why and how the language is used in your chosen photograph (up to 100 words).
- Submit your photo alongside your caption in Word or PDF format to your school – email Mr Nouas at y.nouas@bristolfreeschool.org.uk.
- Language Ambassadors will pick the top 10 entries. The top 10 will then be judged by the MFL team where up to three entries will be sent via the digital form.
- **Deadline for BFS applications is Tuesday 5th April.**

Only entries submitted by your school will be accepted, open to pupils aged 11-16. Deadline for school submission - Friday 15th April 2022 at midnight.

Prizes

- 1st place: £100 Amazon Voucher
- 2nd place: £50 Amazon Voucher
- 3rd & 4th places: £25 Amazon Voucher

The top 20 photographs will be exhibited at the University of Exeter from 30th April-1st May, and at Exeter Library from 12th -13th May as part of the Translation Festival organised by the Department of Modern Languages and Cultures at University of Exeter.

Entries will be judged on four criteria:

- The overall coherence of the photograph and caption
- Picture quality
- Creativity of photo choice
- Quality and creativity of accompanying caption.

Shortlisted entries, winners, and runners-up announced in late April.

"What will you frame?"



No entry for heavy goods vehicles. Residential site only
Nid wyf yn y swyddfa ar hyn o bryd. Anfonwch unrhyw waith i'w gyfieithu.



BFS HISTORY



MR MACBLAIN

FRONT LINE LIVING HISTORY COMES TO BFS!

On the 24 March, students studying History in Year 10 have a fabulous opportunity to take part in a revision workshop for their exam paper - Medicine on the Western Front. The workshop is delivered by an external company – Front Line Living History – and will be an interactive audio and visual display of life as a soldier during the Great War.



**FRONTLINE
LIVING HISTORY**

Content delivered will link directly to the skills needed for this exam paper. We are very much looking forward to welcoming them to BFS. Specific details of the day will be shared via history teachers to their classes.

All staff are welcome to come along too!



MRS WYNNE-JONES

BFS SPORT

This Y7 team came third in the Sports Hall Athletics Final (despite having just 5 in the team where they were allowed up to 8!). They came top 3 in every individual race and relay. Congratulations to all.

A HUGE thank you to Ms Hussey for taking this fixture.



THIS WEEK IN ART

MRS KINNERSLEY

YEAR 11 IN THE ART STUDIO

Y11 had a day in the Art studio this week creating extra artwork to submit for their final GCSE submission this Easter.

We were also getting ready for our Live Zoom call from artist, Sarah Graham. This was be a fantastic opportunity for our students. Sarah Graham creates amazing colourful artwork based on sweets and toys. She is also an ambassador of a mental health charity -Poetsin.com



HOW TALENTED ARE OUR STUDENTS!



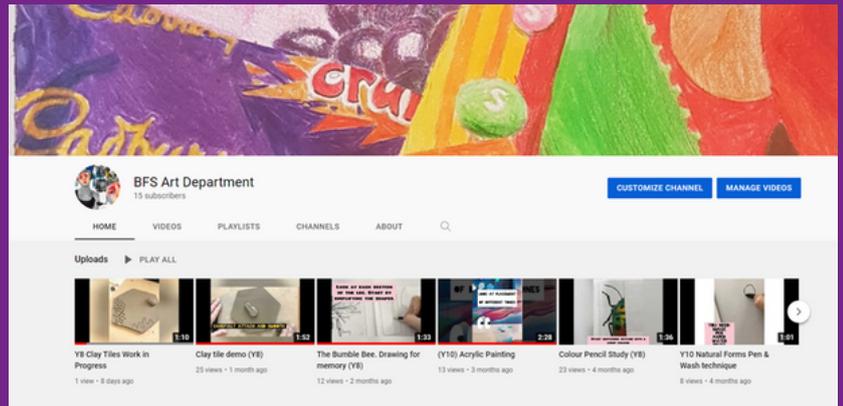
THIS WEEK IN ART

MRS KINNERSLEY

BFS ART YOUTUBE CHANNEL

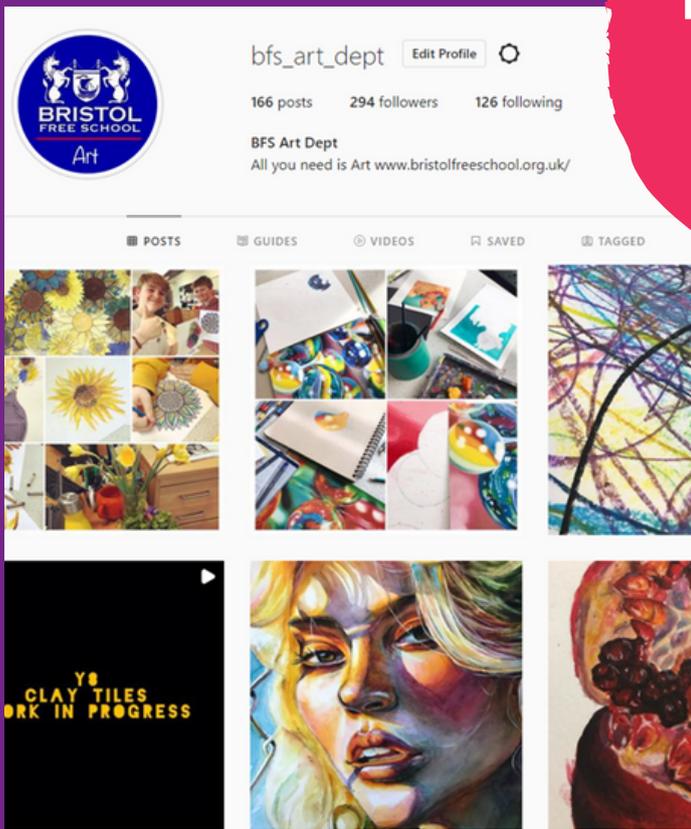
The Art Department have been busy updating our YouTube channel with demo videos and we have a recent one showing what Y8 have been up to – making clay tiles that celebrate the Bumblebee

Y8 have been learning about this wonderful creature, through drawing and scientific recording. They should all know more about the anatomy of the bee and students have ended the project with a clay tile final piece – see the video for a sneak preview <https://youtu.be/b7myPr9-sWs>



Subscribe

FOLLOW US ON
INSTAGRAM!



WE NEED YOUR HELP!
NEWSPAPER WANTED...

We would be so grateful for any spare newspaper you have lying around the house! Please bring to DF34, thank you.



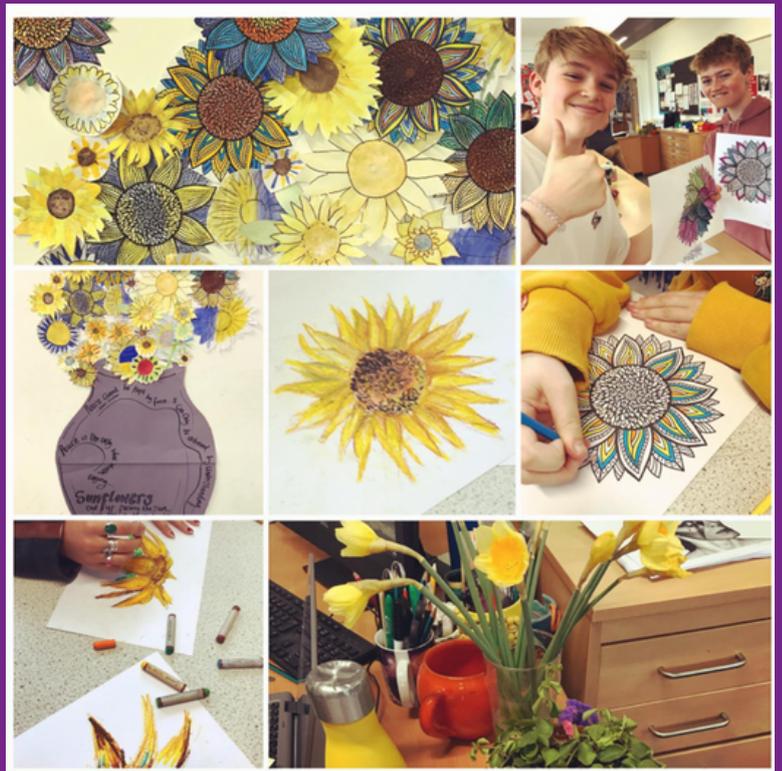
THIS WEEK IN ART



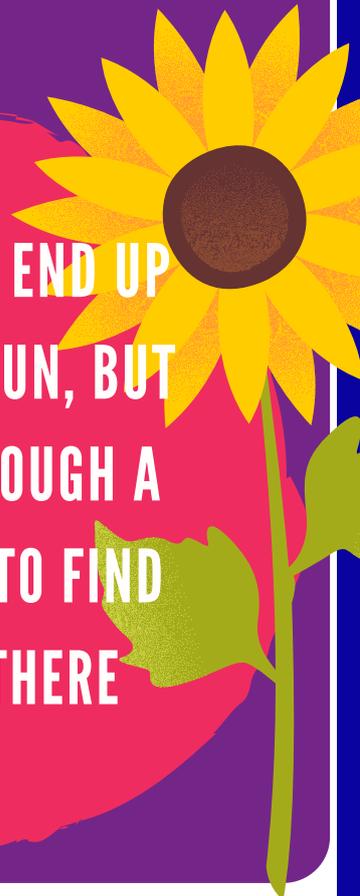
MRS KINNERSLEY

WEDNESDAY 16 MARCH

On Wednesday 16 March Art students were thinking of those in Ukraine and all countries facing extreme challenges through conflict. Inspired by Van Gogh, students created a large vase full of sunflowers!



SUNFLOWERS END UP
FACING THE SUN, BUT
THEY GO THROUGH A
LOT OF DIRT TO FIND
THEIR WAY THERE



THIS WEEK IN DESIGN & TECHNOLOGY

dr design & Technology



MR LAM

FLYING START CHALLENGE!

During the past few months, students were challenged to design and build a glider in collaboration with graduates in the aeronautical industry in Bristol. Three teams got through to the regional fly-off at Bristol's Aerospace Museum. They all worked so well in their teams, presenting their work, and retrieving knowledge learnt with the graduates. One team was awarded prizes for their excellent work. Well done to Awura, Jessica, Zero, Sama, Mia, Emlyn, William, Joe and Harry.



CONGRATULATIONS!



MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

WORLD SLEEP DAY - FRIDAY 18 MARCH

Sleep is a huge indicator of how well our mental health feels. If you are not sleeping well, you will find it difficult to function. Teenage brains need between 8-10 hours a night. Most teenagers only get about 8 maximum which is why they can sometimes struggle, especially in the morning. Young people's body clocks naturally shift in teenage years to make them feel tired later in the morning but the school starting time doesn't allow for the catch up sleep in the morning. It takes approximately 7 days to change your sleep hygiene, following some really simple changes to your sleep hygiene can make all the difference. The Mental Health team are able to advise further on sleep hygiene. The School nurse is also available to chat through any additional routines that young people might like to explore. Please contact tellsomeone@bristolfreeschool.org.uk should you wish to book an appointment or to chat through the support on offer via the Mental Health team.

HOW TO GET SLEEP?

IF YOU HAVE DIFFICULTY FALLING ASLEEP, A REGULAR BEDTIME ROUTINE WILL HELP YOU WIND DOWN AND PREPARE FOR BED.

CHECK OUT SOME TIPS HERE:

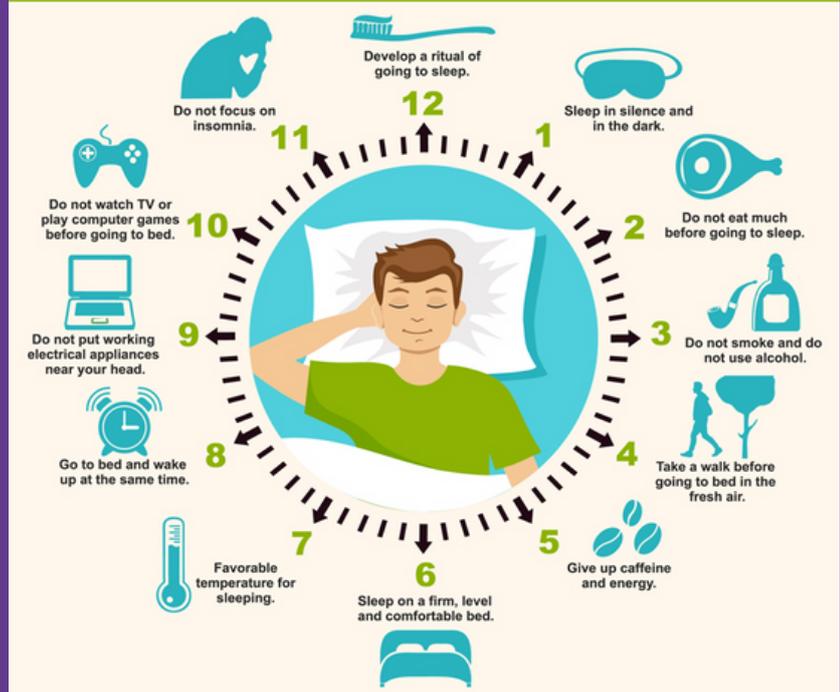
<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

7-8 hours

The amount of sleep you should have a night



RULES OF HEALTHY SLEEP



10 TIPS TO BEAT INSOMNIA

SIMPLE LIFESTYLE CHANGES CAN MAKE A WORLD OF DIFFERENCE TO YOUR QUALITY OF SLEEP. FOLLOW THESE 10 TIPS FOR A MORE RESTFUL NIGHT.

<https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/>

SLEEP TIPS FOR TEENAGERS

HERE'S HOW TO MAKE SURE YOUR TEEN IS GETTING ENOUGH SLEEP TO STAY HEALTHY AND BE WELL RESTED FOR SCHOOL.

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

Zzz

TELLSOMEONE@BRISTOLFreesCHOOL.ORG.UK



SCHOOL SUPPORT SERVICES

SOCIAL ANXIETY

We are able to offer 121 counselling sessions (online) specifically for social anxiety. If you feel that social anxiety is the primary anxiety for your child, please get in touch as we have a number of spaces available right now.



LOW MOOD / ANXIETY

we are running a short waiting list for students who would like 121 counselling from Schools Support Services (online). Please email the Mental Health team or ask your child to pop into DF29 to talk through further.



Anna Freud
National Centre for
Children and Families

Parent/carers workshop to inform online mental health and wellbeing support - 31 March 2022

The School Support Service (SSS) is a remote service offering a variety of support to parents/carers, pupils, and school staff to improve mental health and wellbeing in schools.

The School Support Service is looking for parents and carers from our partners schools and colleges to attend a 1-hour online workshop to discuss how the service works and the opportunities for us to improve it for parents, carers and young people.

The workshop will be held on Zoom on Thursday 31 March from 12.30 - 13.30.

To attend please complete the Zoom registration:
<https://annafreud.zoom.us/j/84461212623>



TELLSOMEONE@BRISTOLFreesCHOOL.ORG.UK

BFS SEND

NEW! Disability Living Allowance
This is a one-day online Zoom course on how to apply for Disability Living Allowance. It is for parents who have young people and adults aged under 15 years of age.

Thursday 7th April 2022
10am-2pm (break 12.30pm-1pm)
Run by Andrew Powell

If you are interested to find out more please email
admin@bristolfreeschool.org.uk



**Working together
for SEND families**

Bristol, North Somerset and
South Glos Parent Carer Forums

An introduction to Autism in Young People

(aged 8 - 18 years)

Wednesday 30th March
7.00 - 9.00pm

**FREE
ONLINE
TRAINING**





PURIM 2022

MRS PARASKEVA

In 2022, Purim begins at sunset on Wednesday, March 16.

On Purim Jews celebrate the bravery of Queen Esther, a very smart and brave Jewish woman who was married to a king, Ahashverosh. When Queen Esther learned that Haman, who worked for the king, was plotting against the Jews, she summoned the courage to tell the king about Haman's evil plan and saved her people.

During Purim, these are some of the ways Jews celebrate:

- Exchanging gifts of food and drink
- Donating charity to those in need
- Eating a celebratory meal, known as se'udat Purim
- Public recitation of the Scroll of Esther usually in synagogue
- Reciting additions to the daily prayers and the grace after meals

Many people dress up in costume, following the theme of Purim as a holiday of disguise where nothing is quite as it seems. Synagogues and communities hold plays and festivals specifically for the day. Traditionally, a noisemaker or gragger is sounded when Haman's name is said aloud during the megillah (Book of Esther) reading.

WHAT IS THE MORAL OF PURIM?

The story of Purim reminds Jewish people to always be proud of their identity. While Purim is a fun holiday, the important moral remains – when a moment of truth arrives, we may have to summon our strength of heart and act in the right way, the humane way. We can all learn from this.



10TH ANNIVERSARY GARDEN PLANS

To celebrate a whole decade of BFS, Jolly Green Gardeners Club and helpers are overhauling the back fields on the school site! Our preliminary plans include a wildlife garden, wellbeing area, outdoor seating, a new dipping pond, allotments, and fruit trees donated by Her Majesty The Queen herself. The bulk of the project will be carried out in Term 5, so keep an eye out for updates.

If you have any expertise in ecology, conservation, outdoor building, carpentry, or gardening, please send a message to admin@bristolfreeschool.org.uk

