

CELEBRATING NEURODIVERSITY



We were so excited to celebrate Neurodiversity Celebration Week this week which aims to encourage a shift in focus away from our perceived weaknesses towards the many strengths that being neurodivergent brings.

Students & staff have not only been busy raising awareness and reducing stigma around neurodiversity but also celebrating and highlighting the many positives and how they can bring great success.

KEY DATES

- Monday 28 March - INSET Day & DofE Skills Day
- Tuesday 29 March - Art Trip to Westonbirt
- Tuesday 5 - Wednesday 6 April - Year 12 & Year 13 trip to Folly Farm
- Saturday 2 April - Ramadan starts
- Friday 8 April - End of Term 4 & Year 12 Geography Field Work in Stokes Croft

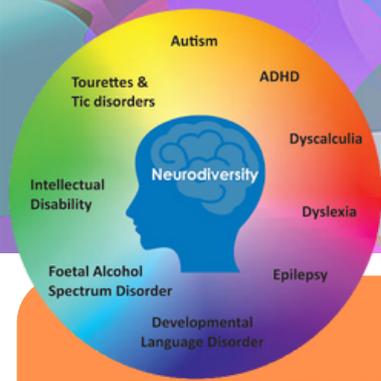


BFS SUPPORTS UKRAINE - WE RAISED £3093.69! A BIG THANK YOU TO OUR COMMUNITY FOR SUPPORTING THIS.

**WEDNESDAY 16 MARCH
A DAY FOR
UKRAINE**



NEURODIVERSITY CELEBRATION WEEK



MRS PARRY

NEURODIVERSITY
It takes all kinds of different minds



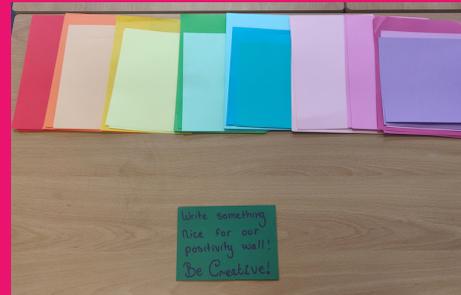
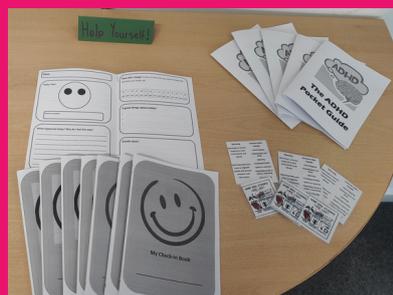
Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, and organisations with the opportunity to recognise the many talents and advantages of being neurodivergent, while creating more inclusive and equitable cultures that celebrate differences and empower every individual.

Neurodiversity means that all our brains are unique, and no two brains think in the same way. Having these differences may mean that a person has been diagnosed or identifies as Autistic, or having ADHD, dyslexia, dyspraxia (CDC) or other neurological differences.

This week has been a real celebration of the strengths and talents around being neurodivergent and we as a school are proud to be involved in this initiative. We have been celebrating throughout the week through the delivery of assemblies, informative stalls and posters on every classroom door to demonstrate the breadth of success of individuals in the media.

We hope that our efforts to change the narrative of neurological differences has led to students having open and honest conversations at home and moreover has prompted more positive discussions. Please do visit the website for more information and do not hesitate to contact the SEND team for more information. <https://www.neurodiversityweek.com/>

**WE HAD SO MUCH
FUN CELEBRATING
DURING
NEURODIVERSITY
CLUB - JOIN US,
WEDNESDAYS 3-4PM**



COME ALONG TO MAKE FRIENDS, LEARN ABOUT YOUR BRAIN OR JUST CHILL OUT AND BE YOURSELF! WE HAVE LOADS OF GAMES AND PUZZLES SO COME ALONG AND FIND US IN CG.10 (WELLBEING ROOM)!"



BFS SIXTH FORM PERSIAN NEW YEAR CELEBRATIONS



CHAHARSHANBE SURI (THE LAST WEDNESDAY BEFORE THE NEW YEAR)

SAM, Y12

Chaharshanbe Suri is one of the most important celebrations in Persian culture which happens annually on the last Wednesday of the Iranian month of Esfand, where people commandeer roads and alleyways and sometimes even parks to celebrate the end of the current lunar year. Chaharshanbe means Wednesday and Suri means both 'Red' and 'Celebration' or Scarlett Wednesday. In this "red celebration", people go out and make small fires and keep them burning until the next morning. This act is symbolic of burning the negativity, pain, unhappiness, sickness and worry and looking from the previous year with celebrations of the positive New Year.

OTHER TRADITIONS OF CHAHARSHANBE SURI

Before the start of the festival, people gather brushwood in an open, free exterior space. At sunset, after making one or more bonfires, they jump over the flames. Also, Chaharshanbe Suri includes customs similar to trick-or-treating in the West called gharshog-zani, literally meaning spoon banging. People will be banging spoons against their old pots and pans and receive little gifts of sweets.



NOWRUZ (PERSIAN NEW YEAR)

Nowruz, or "new day" in Persian, is an ancient festival that marks the beginning of spring and celebrates the rebirth of nature. And naturally, it has a lot to do with fresh, green foods just beginning to poke out of the ground that remind us winter is not, in fact, eternal.

Nowruz begins at the stroke of the vernal equinox, when the sun crosses the equator. When the equinox comes, millions of families of Iranian descent gather around a ceremonial table known as the haftseen. (Think colourful, elaborate Day Of The Dead-type altars meet a mashup of Easter and Passover traditions.) Young and old hold hands and count down to the New Year together and cheer Eide Shoma Mobarak, or Happy New Year!

For many families, Nowruz means preparing special dishes like smoked fish and herbed rice. Other dishes include soup with noodles that symbolise unravelling the difficulties in the year to come.

Nowruz is also a time for spring cleaning, buying new clothes, visiting friends and relatives and renewing bonds. On the 13th day of the New Year, the celebrations finally end. Since the 13th is an unlucky day, entire families go on picnics and take with them the sprouts (sabzeh) from the haftseen table. The sabzeh is thrown into flowing water, symbolising a "letting go" of the misfortunes of the coming year.





INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION

The International Day for the Elimination of Racial Discrimination is a day organised by the United Nations which aims to stop people being discriminated against because of their race. The International Day for the Elimination of Racial Discrimination is held on the 21st March every year.

Every year, the International Day for the Elimination of Racial Discrimination is under one specific theme. The 2022 theme is “Voices for Action against Racism”. This calls on us all to speak out loudly, listen closely, and act decisively against racism. We all have a responsibility to engage in solidarity with movements for equality and human rights everywhere. We must listen to those experiencing injustice and ensure their concerns and demands are at the centre of efforts to dismantle discriminatory structures.

To find out more click on this link:
<https://www.un.org/en/observances/end-racism-day>



MRS PARASKEVA



WHAT DO SOME OF OUR STUDENTS AT BFS HAVE TO SAY ABOUT RACISM AND DISCRIMINATION?

“**RACISM IS JUST NOT NICE IN GENERAL. RACISM IS RUDE. BEING RUDE IS NOT OK. IT IS NEVER OK. RACISM IS STILL GOING ON IN THIS WORLD. IF IT HAPPENED TO OTHERS THEY WOULD NOT LIKE IT. WHEN PEOPLE ARE RACIST AGAINST OTHERS IT MAKES THEM FEEL DOWN AND FEEL LIKE THEY HAVE NO USE IN THE WORLD. IT CAN MAKE THEM FEEL LIKE THEY ARE NOT HUMAN. WE SHOULD ALL PUT OURSELVES IN SOMEONE ELSE’S SHOES. IT WOULD BE AMAZING FOR ME AND ALL BLACK PEOPLE IF PEOPLE WERE JUST TO REALISE HOW BAD IT CAN AFFECT US AND FOR PEOPLE TO CHANGE THEIR WAYS**”. KARTEL, YEAR 8

“**RACISM HAS BEEN AROUND FOR CENTURIES. PEOPLE PROTESTED IN MAY 2020 OVER GEORGE FLOYD IN AMERICA ABOUT POLICE BRUTALITY AND BLACK PEOPLE .THERE ARE STILL RACISTS AROUND BUT IT IS NOT AS BAD AS BEFORE. THERE ARE MANY INCREDIBLE BLACK ROLES MODELS LIKE: CHADWICK BOSEMAN, ANTHONY JOSHUA, MARY SEACOLE, ROSA PARKS, MARTIN LUTHER KING. THEY ARE SUCCESSFUL PEOPLE THAT DIDN’T LET RACISM STOP THEM. LET’S STOP RACISM**”. CHE, YEAR 8

“**WHY DO PEOPLE HAVE TO BE SEEN BY THE COLOUR OF THEIR SKIN AND NOT WHAT IS JUST INSIDE? I DON’T GET WHY RACISM DIDN’T STOP CENTURIES AGO WHEN PEOPLE FOUND PEACE AND NOW IT IS BROUGHT BACK UP AGAIN. WHY DO YOU HAVE TO BE DEFINED BY THE COLOUR OF YOUR SKIN? WHY CAN’T EVERY HUMAN BEING JUST BE TREATED FAIRLY? EVERYBODY HAS A CHOICE, NOW THIS IS YOUR CHOICE, STAND UP TO RACISM!**” HANILLAH, YEAR 8

WHAT CAN I DO ?

- MAKE SURE EVERYONE FEELS INCLUDED AND WELCOME IN ANY GIVEN SITUATION
- ENCOURAGE PEOPLE TO TELL SOMEONE IF THEY FEEL THEY ARE BEING DISCRIMINATED AGAINST BECAUSE OF THEIR RACE
- IF YOU THINK YOU SEE RACISM HAPPENING, TELL A RESPONSIBLE ADULT AND GET HELP
- THE UNITED NATIONS STATES THAT “EVERY DAY, EACH AND EVERY ONE OF US CAN STAND UP AGAINST RACIAL PREJUDICE AND DISRESPECTFUL ATTITUDES. LET’S BUILD A WORLD BEYOND RACISM AND DISCRIMINATION, WHERE WE ALL EXERCISE OUR HUMAN RIGHTS”.



THIS WEEK IN DESIGN & TECHNOLOGY

dt design & Technology



MRS GORDON

YEAR 12 VISIT UNDERFALL YARD

Year 12 Product Design and Design Engineering students visited Underfall Yard to get a behind the scenes tour of some of the current tools, machinery and processes in use to maintain boats and Bristol's floating harbour. Alongside the Victorian steam powered machinery that was used when the floating harbour was developed further in the late 1800s, hydraulic power in use today was also on show.

During their learning experience, students were shown areas that are accessible to the general public - sluices, pumps and visitor centre, but were also given a tour of the private workshops - students were amazed by the sheer scale of some of the machines and the number of belts used to drive them. Giant lathes, planes and furnaces were topped off with a go on the Human Powered Accumulator!



BFS CAREERS



MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER

EMPLOYER TALKS

Today we were delighted to host Ian Foster for our employer talk about careers in the IT industry. Ian has worked in the IT industry for over 30 years. He has worked in a variety of development, support and analyst roles in the public and private sector, both as an employee and as a contractor, including several months working as an engineer in Seoul, South Korea. Ian wrote his first computer game when he was 12 and he is currently working in Financial Services for Marsh McLennan as a Cloud Financial Analyst, helping the company and their 80,000 employees save money with their IT deployments in the Cloud.

The talk was inspiring and it gave the students information about the many different roles and opportunities that are available in the IT profession. I particularly enjoyed the question and answer session afterwards where the students asked some excellent questions. If you would like to work with the school offering employer talks to the students then please get in touch with the careers department.

If students have any questions for Ian Foster about careers in IT, please email them to me at sixthform@bristolfreeschool.org.uk



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

HAPPY MOTHER'S DAY

- ARABIC**
عيد ميلاد سعيد امي حبيبتي
(Rid milad saaid oumi habibati)
Mr. Nous
- PORTUGUESE**
Feliz Dia das Mães
- SPANISH**
¡Feliz día de la madre!
- FINNISH**
Hyvää äitienpäivää!
(Sinä olet aina todella mukava)
- BULGARIAN**
Пожелавам ви честит ден на майките!
(pozelavam vi chestit den na maikite)
- JAPANESE**
母の日おめでとう
(Haha no hi omedeto)
- GERMAN**
Freus Muttertag
- AFRIKAANS**
Gelukkige Moedersdag
- CANTONESE**
母亲节快乐!
(Mou chung chit)
- LATIN**
Felix matres dies
- KOREAN**
어머니날에 감사를 표하여.
(eobeoinal-e gamsaleul pyohayeo.)
Evie
- FRENCH**
Bonne Fête des mères
- LITHUANIAN**
Su Mamos diena,
turėk gerai diena
(Suh – Maamos dieena, tureek gera diena)

THE LANGUAGE AMBASSADORS HAVE BEEN LEARNING DIFFERENT FOREIGN LANGUAGES THROUGH DUOLINGO THROUGHOUT THIS ACADEMIC YEAR! AS MOTHER'S DAY IS COMING UP ON SUNDAY 27 MARCH WE WOULD LIKE TO SAY HAPPY MOTHER'S DAY IN THE DIFFERENT LANGUAGES WE EITHER SPEAK OR ARE IN THE PROCESS OF LEARNING!



BFS COOKS

RAINBOW PIZZA



MRS STREET

This week 7A4 were learning about healthy eating choices. They used the eatwell guide and their vitamins knowledge to think carefully about the toppings they might pick for maximum sensory effect and health benefits. Students have also learnt about different doughs, so after making bread rolls last week they had to make their pizza bases using the rubbing in method. It was a successful lesson as this week everyone remembered to turn their ovens on! Ms Street was delighted with the students' levels of hygiene and safety and especially their washing up skills. A big shout out goes to Rosie D for helping others with their tidying up.



April is all about spring vegetables — asparagus and artichokes are at their peak, snap peas begin to make an appearance, as well as young carrots with their fern-like carrot tops, and fava beans. Spring garlic, spring onions, leeks and fennel are thriving, as are the first spring radishes.



HOW DELICIOUS!





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

SPRING CLEAN YOUR MENTAL HEALTH

With the change in season upon us, Spring is a great time to declutter, tidy and get things ready for the outdoor seasons. Even your Mental Health needs a spring clean, and there is no better time to start.

CREATE A TO-DO LIST

CREATE A TO-DO LIST OF SHORT TERM AND LONG TERM GOALS THAT YOU WANT TO COMPLETE:

- RECONNECT WITH FRIENDS
- TAKE TIME TO ENJOY THE LITTLE THINGS (A COFFEE, A 5 MIN BREAK, SOME DEEP BREATHING)
- SMALL DREAMS AND BIG IDEAS

IMPROVE YOUR PHYSICAL HEALTH:

- EASIER TO EAT MORE HEALTHILY IN THE SPRING / SUMMER MONTHS
- WALKING 3-4 TIMES A WEEK
- EAT DARK CHOCOLATE INSTEAD OF OTHER SUGARY SNACKS
- ENJOY THE LIGHT AND THE WEATHER – GET OUTSIDE MORE



RENEW YOUR SPIRIT:

- TAKE UP PRACTISING YOGA OR MINDFULNESS / MEDITATION
- ACKNOWLEDGE THOUGHT PROCESSES AND CLEAR THE FLOW
- BE AWARE OF YOUR PHYSICAL AND EMOTIONAL NEEDS

CONTRIBUTE TO THE COMMUNITY:

- VOLUNTEER WITH A LOCAL COMMUNITY GROUP
- PICK UP LITTER IN YOUR NEIGHBOURHOOD
- TAKE TIME TO WISH SOMEONE A GOOD DAY



GREENWAY CENTRE

JUST DROP IN
Every Wednesday
4:30 – 5:30pm
in the Greenway Centre car park
For ages 7 – 12

Try Something new
Challenge yourself
Feel proud

For further info contact Vicky. email: vickywall@southmead.org, tel: 0117 950 3335

EASTER HOLIDAY JUNIOR GOLF CAMPS

1-DAY CAMPS
ALL ABILITY LEVELS WELCOME
EQUIPMENT PROVIDED

Includes:
Swing Basics
Explainer
Chipping, Pitching and Putting
Competition with prizes!

6-9 YEARS

11th & 19th APRIL

9-15 YEARS

13th & 20th APRIL

BOOK NOW...

£25

MORNING SESSION
10.00am - 1.00pm

£45

ALL DAY (includes lunch)
10.00am - 4.00pm