

Dear Parents, Carers and Students

I hope this newsletter finds you well.

### EASTER BREAK

After a long busy term, students and staff can now enjoy their well-earned Easter holidays!

I had hoped to be able to share our recent Ofsted report today, however we still await the publication of the final report.



### EXAMS

Students in Year 10, 11 and Year 13 will need to study over the holidays as there will be mock and external exams in terms 5 and 6. For further details, please go to the exam section of BFS website. We are pleased to announce the appointment of Beatriz Mendez as Examinations Officer from Term 5.

### GOODBYES

Sadly, today we said goodbye to three valued colleagues who have left BFS for new and exciting career opportunities.

Mr Ellis from the Science department will be taking up a post in Bristol Hospital Education where his considerable years in education can be utilised.

Ms Treherne, our Examinations Officer, will be starting a new position working with post 16 students near Gloucester.

Mr Walker who set up BFS Sixth Form back in September 2016 has been promoted to be the new Deputy Headteacher at King Alfred's School in Somerset. We wish them every success in their future careers and thank them for the valuable contribution they have made to our school.

### STUDENT PARLIAMENT

Let's hope the next two weeks brings an improvement to the distressing situation in Ukraine. I know our Student Parliament is keen to organise more fundraising events next term.

It can be difficult to make sense of the atrocities we are seeing daily on the news so doing something positive together helps in so many ways.

Wishing you all a happy Easter holiday.



### YOUR HOLIDAY HUB

Your Holiday Hub offers children who receive free school meals an exciting programme of fun activities during the spring holiday. All activities include a healthy and nutritious meal. Sign up for activities in your area: <https://orlo.uk/ambw4>

# KEY DATES

- **Friday 8 April** - End of Term 4 & Year 12 Geography Field Trip
- **Monday 25 April** - Start of Term 5 & Y12 Geography Field Trip
- **Wednesday 27 - Thursday 28 April** - DofE Bronze Practice Expedition (Teams 15-20).
- **Friday 29 April - 30 April** - DofE Bronze Practice Expedition (Teams 1-14)
- **Friday 29 April** - Y12 Visit to UCAS exhibition at SGS

# ATTENDANCE MATTERS

Please note that term-time holidays are not routinely authorised, unless there are exceptional and unavoidable circumstances.

If you are thinking of booking a term-time holiday, please email [admin@bristolfreeschool.org.uk](mailto:admin@bristolfreeschool.org.uk) for an 'Absence Request Form' and return it to the same address as soon as possible. Your request will then be considered.

Taking a term-time holiday may result in a Penalty Charge Notice from Bristol City Council. This is currently £60 per child per adult. So, if a two-parent family takes three school-aged children on holiday, this would mean that each adult could receive  $3 \times £60$  fines, taking the total penalty cost for the family to £360! This could then be increased, if the fine is not paid promptly or if prosecution is deemed appropriate by the local authority.



# SEND NEWS

The Department for Education is conducting a review of SEND provision to see how it can be improved. They would like the views of students, parents and carers. You can access the online survey and a copy of the summary document, 'SEND Review: Right support, Right place, Right time' using this link:

<https://consult.education.gov.uk/send-review-division/send-review-2022/>

We encourage everyone to take part and be involved in the development of SEND provision.

## SEND Review:

Right support  
Right place  
Right time



# CONGRATULATIONS ASHTON HOUSE!!

	House	House Point Total
1st	Ashton	15,328
2nd	Canford	14,568
3rd	Durdham	13,968
4th	Blaise	13,840



ASHTON



BLAISE



CANFORD



DURDHAM

# BFS PARTNERSHIP

BRISTOL  
EDUCATION  
PARTNERSHIP

## BFS IS A MEMBER OF BRISTOL EDUCATION PARTNERSHIP

This is a collaborative arrangement involving six state secondary schools, seven independent schools, St Brendan's Sixth Form College, University of Bristol, University of the West of England and Bristol City Council. Working together, we want to enrich education and improve outcomes for children and young people in the city.

Projects, events and activities are organised in partnership with a wide range of organisations from across Bristol, giving our young people access to the best that our exciting and vibrant city has to offer.



## THIS WEEK



This week we were excited to share the opportunity for Y10 to 13 students and parents to attend a time management and revision webinar for teens who are approaching exams, led by Nathan McGurl, founder of "The Study Buddy".

Around 20 students joined me after school to attend the student webinar, whilst others joined at home, then at 6pm many of our parents/carers attended a webinar giving practical advice for parents who are supporting their young people with time management and revision.

During an engaging and highly practical session for students, Nathan covered:

- how effective learning and revision happens
  - understanding metacognition
- the need for spacing revision - using the "little and often" approach
- the importance of looking after yourself with good food and drink
- the importance of planning your revision, then reviewing and adapting and much, much more

## TAKEAWAY

Nathan made a strong message relating to mobile phones during revision. Whilst using phones with revision apps can be very helpful for short periods (eg Seneca, Quizlet, Anki), Nathan reminded participants that platforms such as Instagram and Tiktok aim to grab and keep your attention, and they are very good at it! This is not helpful when you are trying to revise, so deliberately put the phone somewhere else, emphasising the message to yourself and others that your revision is important.

So, here's the Easter Revision Challenge for students with exams coming up -  
remove your phone from your revision area

There are a number of blogs and podcasts on The Study Buddy website which parents/carers may find helpful:

<https://thestudybuddy.com/blog/>  
<https://thestudybuddy.com/category/podcasts/>

# JUMBLE SALE

in aid of

Red Cross Ukraine Appeal

Vintage, clothes, books,  
bric-a-brac, plants

Cafe with homebakes

"Stitch it, don't ditch it!" exhibition

Saturday 9th April

10am - 11.30am

ST MARY'S CHURCH HALL

Mariner's Drive, Stoke Bishop

Bristol, BS9 1QJ

50p entry per adult

CASH ONLY

# BFS MFL THE LANGUAGE AMBASSADOR SCHEME



MR NOUAS

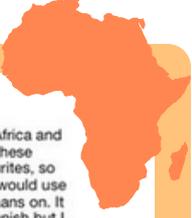
## EXETER UNIVERSITY PHOTO SUBMISSIONS

During this last week of term, we have been deciding which top three photos and captions to send off to Exeter University. There have been some brilliant submissions showcasing how foreign languages truly are everywhere in our local community. This has been portrayed in great fashion, so I would like to say a big thank you to all students who have entered a submission. We would like to share with you the top three entries we will submit to the competition as well as very close runners up. Happy Easter!



PAIGE,  
Y12

MY PHOTO REPRESENTS INCLUSIVITY WITHIN THE COMMUNITY. THEY REFLECT THE UNDERSTANDING OF LANGUAGES AND BRING TOGETHER PEOPLE AND CULTURES! SIGNS CAN SPEAK A THOUSAND WORDS AND CAN REPRESENT THE JOURNEY THAT THOSE WHO BROUGHT THE SIGN TO LIFE HAVE EXPERIENCED WHICH I FIND FASCINATING AND AS A RESULT OF THIS COMPETITION, I PAY A LOT MORE ATTENTION TO SIGNS WITHIN COMMUNITIES AND THINK ABOUT HOW THEY SHAPE OUR LIVES. THANK YOU FOR TAKING THE TIME TO READ THIS AND VIEW MY PHOTOGRAPHY!



This is a specific brand of biscuits, which my family and I love. My family is from South Africa and my sisters and I left there when we were 5 and 9. This means we did not get to enjoy these delicious biscuits for long, as they are not sold in the UK and they are one of my favourites, so whenever my dad would go back for work, he would always buy us some. I thought I would use this for my photograph because I thought the packaging would most likely have Afrikaans on it. It actually had a range of languages on the ingredients section, including Dutch and Spanish but I could not see any Afrikaans, instead I saw Polish. On the front of the packaging, it says 'Vanilla flavoured iced biscuits' and underneath that it says 'Bolachas Com Cobertura De Baunilha' meaning 'cookies with vanilla frosting', when translated to English. Polish is probably used so the product can be sold in other places but still clearly advertise what the product is.

My entry:



SHILOH, Y8

This is one of my mum's favorite restaurants, Al fresco and it means "in the cool" outside, so during COVID this restaurant was great because it meant that my mum could meet up with her friends safely.



ELLE, Y7

# BFS MUSIC



MR PATE

## SHOWCASE CONCERT

On Wednesday 6 April the Performing Arts Department hosted our first school concert in over two years! The Spring Showcase Concert featured a wide variety of performers from across the school, including ensemble groups, bands and soloists. Our jazz band "Treble Bass" kicked off with a fantastic return to form, performing the standard "Let's Face the Music and Dance" as well as the less traditional "Love On Top" by Beyonce. Dynamics choir performed singalong classic "Brown-Eyed Girl" as well as a beautiful rendition of "First Day Of My Life" by Bright Eyes. They closed the first half with a song written by Julian Tucker, one of our peripatetic music teachers from Bristol Beacon. The song was originally recorded in Ukraine with local musicians, and shares a poignant message of peace and hope. The audience gave generously to a collection to go to charity in support of this cause.



The second half opened with our band playing the theme from Star Wars, as well as a lovely rendition of "Hallelujah" featuring vocals from Lauren and Hannah. The concert featured many talented soloists, including incredible vocal harmonies from the likes of Hatty and Immie, Megan and Emily, and Liv and Ailie. Impressive instrumental performances from Andres, Carys, Anna and Felix also featured, as well as some spoken word poetry from Chloe. Bands performing included several of our wonderful Year 10 musicians who are studying music at KS4, as well as the dynamic Elliot and Ben with a rendition of Johnny B Goode ("This is an oldie, well it's an oldie where I come from").

The concert finished with a performance from the cast of our upcoming musical Matilda, who left the audience on a high with the song "Revolting Children".

It was wonderful to be back to performing again, I know how much that students, parents and staff have missed it over these last few years. Thanks also to the staff who supported on the night, as well as the Art Department for putting together a gallery that friends and family could enjoy during the interval.

Here's to more performances in the future, hopefully in the summer term!

# BFS SCIENCE

## TRIP TO FOLLY FARM



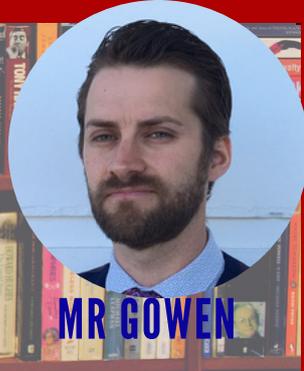
Years 12 & 13 were lucky enough to visit the beautiful Folly Farm nature reserve this week to complete their A Level and BTEC fieldwork projects.

Mr Ellis and Miss Hawes accompanied a keen group of naturalists who spent their days sampling, pond dipping and getting up close and personal with the local wildlife. There were ponies, newts and insects galore. A real highlight was the nocturnal bat and badger walk, where reportedly badgers were witnessed leaving their sett only to abruptly return indoors at the sight of thirty teenagers. Everyone loved the outdoor classroom which doubles up as a dusk time Pipistrelle bat highway.

After a highly rated full English breakfast, two days of immersion in nature and a lot of time stuck in the mud, everyone has returned to BFS full of the joys of Spring!

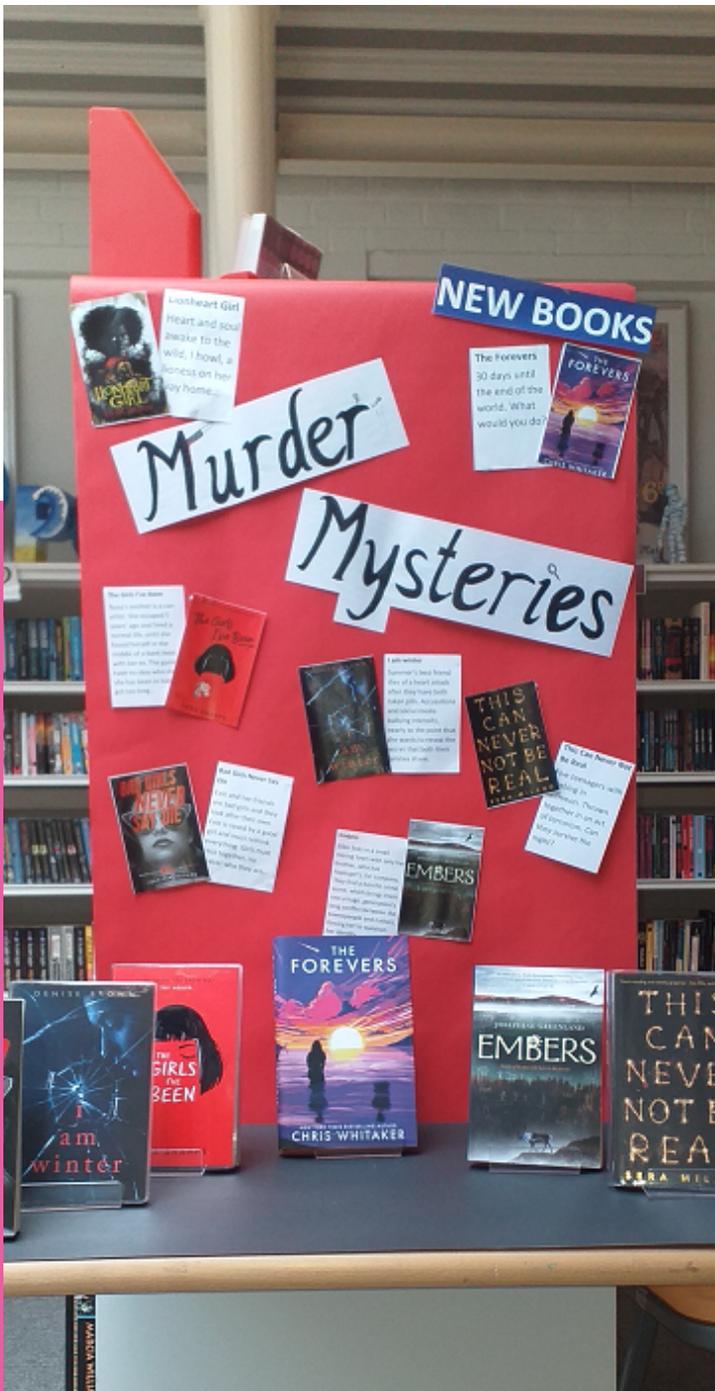


# BFS ENGLISH



MR GOWEN

The Bristol Free School has come across some good fortune thanks to the generosity of Crimefest and local independent book shop Max Minerva. We now have a wonderful range of new crime and murder novels ready for our students. We're certain you'll enjoy these diverse and innovative mysteries. Make sure you get a copy in time for the Easter break, and a big thank you to Ms Currie and her student librarians for our wonderful displays.



A BIG THANK YOU TO  
@CRIMEFEST AND  
@MAXMINERVAS FOR  
PROVIDING US WITH SOME  
EXCITING AND TERRIFYING  
NEW BOOKS. WE CAN'T WAIT  
TO READ THEM ALL.

**CRIMEFEST**

# BFS CAREERS



**MR  
PARRY**

HEAD OF BUSINESS AND  
CAREERS LEADER



# AIRBUS

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

## EMPLOYER TALKS

Today we were delighted to host representatives from Airbus for our employer talk about the exciting career opportunities on offer at Airbus. The talk was for our KS3 students and it was brilliant to see so many of our younger students attend the talk. The talk outlined the many different roles and entry points into engineering as well as highlighting their array of aircrafts and ambitions to develop carbon neutral aircrafts in the future. There were some excellent questions on topics such as production methods of military aircrafts, are airbus developing an environmentally friendly strategy and the A380 aircraft.

Airbus will be coming into school after the Easter break to deliver another employer talk to our KS4 and KS5 students.

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 COMPUTER SCIENCE



**MRS RAMANANDI**

## UNLOCK CYBER TASTER DAY – MONDAY 27 JUNE 2022

I am excited to announce the opportunity for Y8 students be part of the Unlock Cyber Taster Day at UWE. This is a day of employer-led participative cyber activities for students in Year 8. Unlock Cyber Day aim to excite and engage young people to discover what cyber is all about. It is also an opportunity for young people to meet students from schools across the South West region and participate in exciting cyber related activities. There are only 15 places available which will be offered on first come basis.



## DO YOU WANT TO TAKE PART?

Please send an email to [n.ramanandi@bristolfreeschool.org.uk](mailto:n.ramanandi@bristolfreeschool.org.uk) if you are interested in be part of Unlock Cyber Day at UWE. Details are below:

- Monday 27 June 2022
- Time: 9.00am – 2.30pm (Registration opens at 9am for a prompt 9.30am start)
- Venue: UWE, School of Engineering, Frenchay Campus, Bristol BS34 8QN (North entrance)

# PASSOVER 2022

The history: Thousands of years ago the early Jews, called Israelites, moved to Egypt, where they became slaves of the Egyptians. It is believed that Moses was chosen to go to the pharaoh, or king of Egypt, to demand that he free the Israelites from slavery.

Passover (or Pesach in Hebrew) is one of the most important festivals in the Jewish year. Passover is a celebration of the story of Exodus. During Passover, Jews remember how their ancestors left slavery behind them when they were led out of Egypt by Moses.

Passover is a Spring festival that begins on the 15th day of Nisan, the first month of the Jewish calendar. The celebrations last for seven or eight days, depending on where you live. In 2022 Passover begins on the evening of Friday 15 April.

## HOW IS PASSOVER CELEBRATED?

On the evening before Passover starts, Jews have a special service called a Seder (Order). This takes place over a meal with family and friends at home.

During the meal, the story of Exodus is told from a book called the Haggadah (Narration). Everybody takes part in reading from the Haggadah. Some parts are read in Hebrew and some parts are read in English.

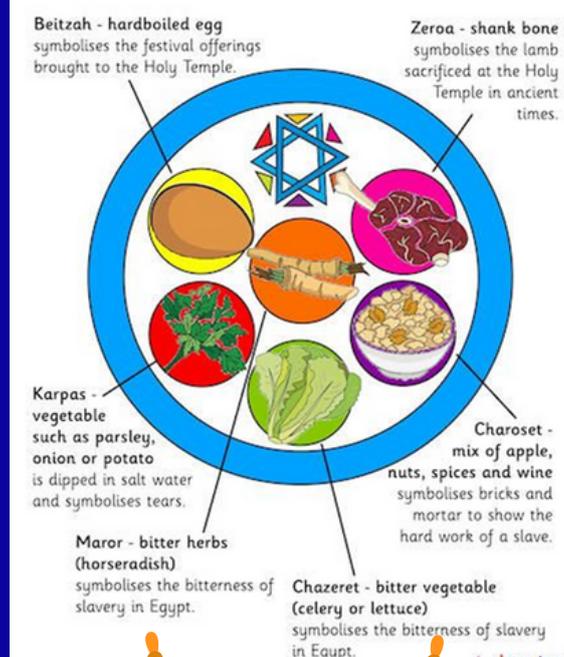
## MATZAH

On the table there are three Matzah (bread that is flat because it has not risen). At the start of the Seder, the middle Matzah is broken and the largest piece is hidden. During the Seder the children hunt for it. The one who finds it receives a small prize.

## WINE

Four small glasses of wine remind Jews of the four times God promised freedom to the Israelites. An extra cup of wine is placed on the table and the door is left open for the prophet Elijah. Jews believe that one day, Elijah will reappear and he will announce the coming of the Messiah.

## The Seder Plate



TO FIND OUT MORE ABOUT PASSOVER CLICK ON THIS LINK, THERE IS A VIDEO WHICH EXPLAINS PASSOVER:

[HTTPS://WWW.BBC.CO.UK/BITESIZE/TOPICS/ZNWfhg8/ARTICLES/ZN22382](https://www.bbc.co.uk/bitesize/topics/znwfhg8/articles/zn22382)



**MR TOLMAN**

# BFS SPORT



## CELEBRATING SPORTING SUCCESS



### U15S COUNTY CRICKET

A great day of cricket yesterday for our boys U15s County Final. All games played in fantastic spirit. Huge well done to our students who beat Cotswold School!

## SPORTS LEADERSHIP ACADEMY



Congratulations to the following students for successfully completing their 6 weeks of basic leadership training. Students will be supporting some of our local primaries in terms 5 and 6 with sports festivals and clubs. In addition they will be supporting BFS staff at our sports days and within PE lessons, assisting and leading groups with warm ups and skill sessions. The future of Sports Leadership at BFS looks bright!

#watchthisspace



MS URCH

## CELEBRATING SPORTING SUCCESS

### U14 GIRLS FOOTBALL

The girls U14 football team are through to the area final with a last minute winner from Chloe and a 2-1 win. An incredible team performance until the final whistle!

Player of the match was Chloe and well deserved. We play Ashton Park school on Wednesday 27 April and if the team win, will go through to the district finals on the 3 May at Cirencester Football Club. We wish the team the very best of luck in their final.



### U16 GIRLS FOOTBALL

The girls U16 football team are also through to the area finals with a 4-3 win against a Brunel side who thought they had won it. The team went down 2-0 in the opening minutes but came back to level the score at 2-2 at half time. The team came out and again went down 3-2 with 10 minutes to go. A surging run from Amber levelled the score at 3-3 and with minutes to spare a wonder goal was scored from amazing play all the way from the defence. A much deserved win and fantastic team work and sportsmanship displayed by everyone.

Player of the Match award went to captain Lydia. We wish the girls the best of luck in their final Vs Montpellier after the Easter break and as with the U14s if won then they head to Cirencester for the district finals.





# MENTAL HEALTH & SAFEGUARDING

*Mental Health & Safeguarding Support, Advice & Information*



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

## STRESS AWARENESS MONTH

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern stress epidemic. The last two years have been the most challenging in modern history.

This year's theme for Stress Awareness Month is Community. Lack of support can cause loneliness and isolation, which in turn lowers people's wellbeing, impacts mental health and can lead to mental illness. Social isolation is an important risk factor for both deteriorating mental health and suicide. As we emerge from the pandemic, it's vital that our school community supports our pupils, parents & carers and staff during these changing times. Although restrictions have mainly been lifted, we all need support now more than ever as we adjust to a new way of living.

The pandemic has had a hugely detrimental effect on the nation's mental health and sense of community. Disrupted social lives, the cancellation of large gatherings, travel restrictions and working from home have kept us in one place for long periods of time. However, one of the positives to emerge from this unparalleled situation has been the community spirit and support shown by so many to so many. We would like to be part of that positive movement and are lucky to have a Mental Health team in school to help and support our young people.

If you feel your young person is struggling and needs support please feel free to get in touch with us at the Mental Health Team – we are here to help. Struggling to secure external support and medical professional engagement? Let us know, we might be able to provide alternatives whilst waiting for diagnosis or assessment.



### TRY SOME OF THESE TO DE-STRESS YOUR MONTH OF APRIL

**student minds**

<https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html>

<https://www.verywellmind.com/use-guided-imagery-for-relaxation-3144606>

<https://www.verywellmind.com/how-to-use-positive-self-talk-for-stress-relief-3144816>



**COME AND SEE US IN DF29**



# Exam stress

Resources by  
**student  
minds**

Working towards exams can create feelings of worry and being under pressure, especially at university where you're aiming for a degree.

However there are a range of things that you can do to help deal with the stress that you might be feeling...

Find out more about what we mean by the term stress and stress response at <http://teenmentalhealth.org/wp-content/uploads/2017/11/Stress-Transitions.pdf>



## Keep it in perspective

- Lots of people will tell you this, because it's true - exams aren't everything. Whatever happens in your exams, you can still be successful in life afterwards. So if you don't do as well as you'd hoped, try to keep things in perspective.
- Employers don't just look at your exam scores. They're just as interested in your attitude, your transferable skills and how well you'll get on with other people.
- Exam success doesn't define you as a person. Everyone copes differently in different situations and there's so much more to your personality than how well you can respond to an exam.
- Think about how far you've come already. You've already done incredibly well to get to university, and stopping or failing exams at this point isn't 'throwing away' your past success.
- Once you've done an exam, try to forget about it. There's nothing you can do about it, and worrying won't change your mark.

## Get into some good habits

- These habits will help you concentrate as well as reducing stress:
- Take frequent breaks. Psychologists say we can only concentrate properly for 30-45 minutes. You could use a technique like Pomodoro, that helps you to take regular breaks. When you do take a break make sure you don't stay at your desk, you could go for a walk or even just make a cup of tea!
- Eat well. Keep a good blood sugars level to avoid highs and lows of energy, by eating slow-release foods like bread, rice, pasta, fruit and veg.
- Drink lots of water. People often underestimate how much hydration helps!
- Think about when and where you work best. Not everyone is a morning person, and some people don't find the library a productive place to work. There's no one best place or time to work - it's about what works for you.
- Keep active. Even a short walk will do. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up.
- Try to get about 8 hours' sleep a night. If you're stressed about not being able to sleep, there are lots of ways to aid a good night's sleep.
- Find activities that help you relax. Maybe it's a hot bath, watching a TV show, or a creative activity. Schedule this down-time into your timetable.

## Get that organised feeling

- Picture your exams as a time-bound project. Are the exams 60 days away? That's your 60-day challenge. Best of all, there's a definite end point.
- Work out the basics: which exams you have, how the marks are allocated, and how much you have to learn for each one. Don't expect to learn everything; but having in mind where you'll get the marks can help you prioritise.
- Break your revision down into small chunks, and form a plan. Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.
- Schedule in plenty of free time to unwind, and protect this time. Nobody can work all day every day. If you give yourself plenty of rest you can do the same amount of work in half the time or less.
- Equally, don't panic if you go slightly off schedule - tomorrow is another day.

## Avoid bad habits

- Check out this brilliant article on how NOT to cope with exam stress - <https://www.topuniversities.com/blog/how-not-cope-exam-stress>. Here are some highlights:
- Don't set yourself ridiculous goals. Nobody can revise 10 topics in a day! Avoid setting the day up to be a disappointment.
- Don't cut out all the enjoyment from your life. It's tempting to decide you'll just knuckle down to work and "focus", but this is counterproductive - it's impossible to focus without giving your brain rest by doing other activities.
- Avoid stimulants. Caffeine, alcohol and drugs impede your energy and concentration in the long term. It'll also make it more difficult to get that much-needed sleep.

## Get support from friends and family

- Don't be put off by friends saying that they are doing huge amounts of revision. As already mentioned, that's probably not actually a productive or efficient way of working long term. One of the key reasons people feel exam stress is due to comparing themselves to other people.
- If you can, discuss with your parents what they are expecting you to achieve. Parents with steep or unrealistic expectations will just add unnecessary pressure. It's helpful to let them know what you think you have the capacity to achieve, and to insist that the best way to get there is to have support from your parents, not pressure.
- If you're feeling really worried or anxious, chat to a good friend, family member, or tutor. It helps to get it out of your system, and they may well be able to help think about practical strategies to deal with exam stress.

For more tips from students check out our blog, <http://studentmindsorg.blogspot.co.uk/search/label/Exams>.

Lastly, if you're feeling overwhelmed or are finding it difficult to cope with the stress around exams, make sure you get support. Take a look at our support section for the services you can access nationally and on campus, <http://www.studentminds.org.uk/supportforme.html>.

**student  
minds**

[www.studentminds.org.uk](http://www.studentminds.org.uk)

# DAILY DESTRESSING PLANNER

## THE MOST URGENT TASK

## SELF-AWARENESS QUESTIONS

- WHEN ARE YOU MOST PRODUCTIVE?
- ARE YOU A MORNING OR AN AFTERNOON PERSON?
- WHAT IS THE FIRST THING YOU DO IN THE MORNING?
- HOW DO YOU FEEL IN THE AFTERNOON?
- ARE YOU SAVING UP OR DELAYING TASKS TO WHEN YOU HAVE THE LEAST AMOUNT OF CONCENTRATION AND HEADSPACE?
- IS THIS THE BEST USE OF YOUR TIME, FOCUS AND ENERGY?

## TASKS WITHOUT TIME PRESSURE OR RISK FACTORS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

NOTES:

## DUMP ZONE FOR IDEAS (TO DEAL WITH LATER)

---

---

---

---

---

---

---

## DELEGATE

ASK YOURSELF:

**WHY** AM I DOING THIS NOW?

WHY AM I DOING THIS **NOW**?

WHY AM I DOING THIS NOW?

NOTES:



FOCUS ON TODAY'S TASKS AND DUMP THE REST FOR LATER!

# MANAGE YOUR ENERGY

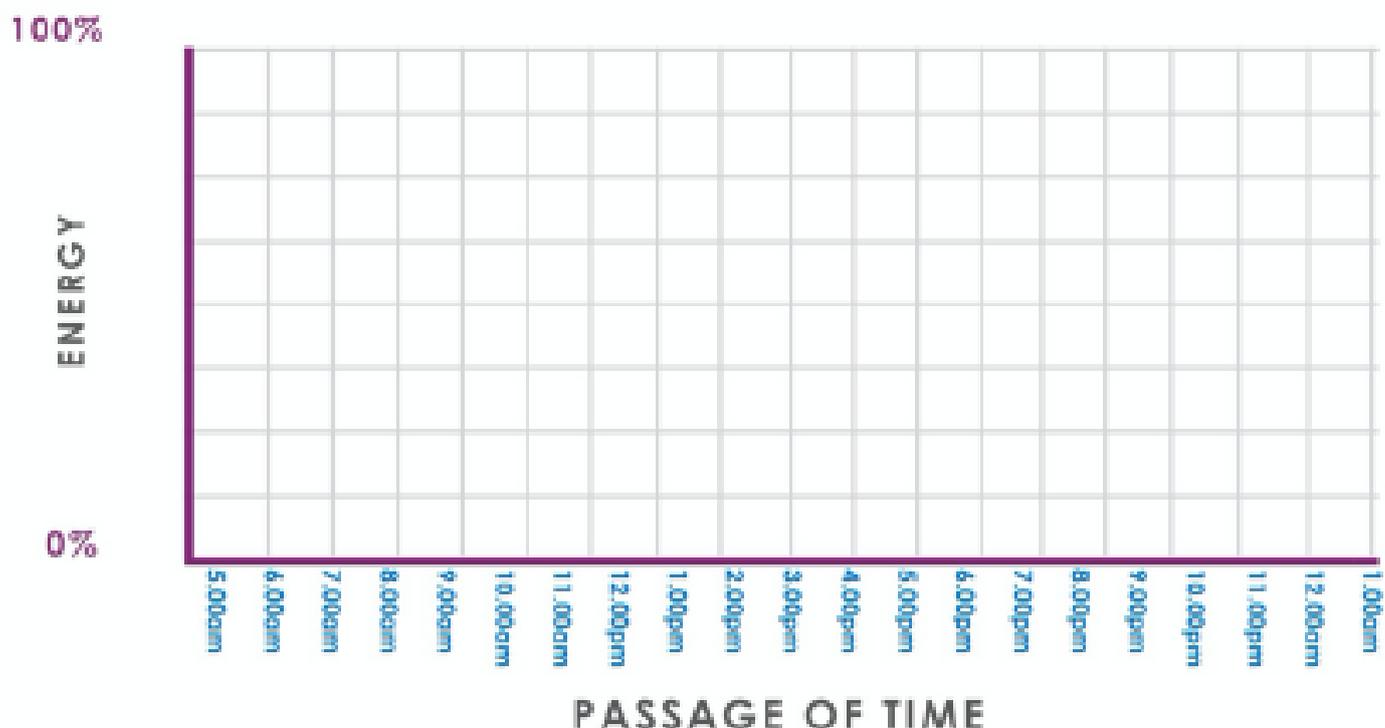
IT IS MORE EFFICIENT TO ARRANGE YOUR WORKLOAD TO MATCH YOUR ENERGY LEVELS. E.G. IF YOU KNOW THAT YOU HAVE AN ENERGY BOOST IN THE MORNINGS, USE THAT TIME FOR HIGH ENERGY OR CREATIVE TASKS, THEN USE YOUR LOWER ENERGY TIMES FOR GENERAL ADMIN TASKS SUCH AS CHECKING EMAILS.

**USE THE CHART PLOT YOUR OWN ENERGY CYCLE:**

- DOES THIS MATCH WHEN YOU SCHEDULE YOUR WORK?

**COULD YOU USE THE CHART TO PLOT FOR A DIFFERENT TIME PERIOD:**

**A WEEK, A MONTH, A QUARTER OR EVEN A YEAR?**



# FRIENDS OF BFS (FOBS)

Friends of Bristol Free School (FOBFS) had their AGM in March and there are some changes to the Committee. Dudley Trueman (Chair) and Diane Warren (Treasurer) have both stepped down after many years as Committee members. FOBFS wishes to extend huge thanks to both Dudley & Diane for all their contributions of time and expertise over the years. The new FOBFS Chair is Helen Hollick and the new Treasurer is Jan Clark.

FOBFS are looking forward to supporting school events again as opportunities to attend these begin to return. We are looking to have a stall at the Westbury on Trym Community Fair on Saturday 14 May as a social presence and to have a few fun competitions. Drop by and say hello there. Our first big event will be running a bar to add to the atmosphere at the production of Matilda in July. We are hoping to have achieved our goal of accepting card payments in time for this!

Our next meeting is on Wednesday 27 April at 7.45. This will be a virtual meeting on Zoom. Anyone is welcome to attend – please email the FOBFS inbox (as above) and we will send you a Zoom invite nearer the date. We will be collecting ideas for future fundraising through events and other strategies – so if you have any ideas, please come along and share them with us. We are also looking for people with a wide range of skills to help on one-off projects such as IT and communications so if you have ideas or would like to help, we'd love to hear from you via the FOBFS email.

Having attended the school's music showcase this week, it feels like an exciting time to grow the school community and FOBFS and we look forward to meeting you.



## Friends of Bristol Free School Help us raise funds!

Please help FoBFS to raise funds for the school by signing up to one (or both) of the two online platforms that we support.

Every time you shop, we receive a small donation, and it's completely free for you!



Donations from AmazonSmile	
Cumulative	Most Recent
£226.98	£57.26
<small>Received to date</small>	<small>Received in Dec 2021</small>



	Your cause has raised...
	£1,428.50

[www.easyfundraising.org.uk/causes/fobfs](http://www.easyfundraising.org.uk/causes/fobfs)



THE FOBFS COMMITTEE WOULD LOVE TO HEAR FROM ANYONE WHO WISHES TO JOIN THE COMMITTEE OR OFFER TO BE A HELPER AT EVENTS. WE ARE REALLY KEEN TO INCREASE OUR MEMBERSHIP – ESPECIALLY ANY PARENTS OF CHILDREN IN KEY STAGE 3. WE WOULD ALSO BE PLEASED TO RECEIVE SUGGESTIONS FOR FUNDRAISING IDEAS. PLEASE CONTACT US ON: [FOBFS@BRISTOLFreeschool.org.uk](mailto:FOBFS@BRISTOLFreeschool.org.uk)



**WE'RE HIRING**

---

# **EXAM INVIGILATORS**

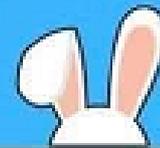
- **FLEXIBLE SHIFTS FOR MAY, JUNE, NOVEMBER & DECEMBER**
- **£10.48PH INCLUDING HOLIDAY PAY**

Send your CV :

[EXAMS@BRISTOLFREESCHOOL.ORG.UK](mailto:EXAMS@BRISTOLFREESCHOOL.ORG.UK)



## PLACES WHERE KIDS EAT FREE DURING EASTER HALF TERM 2022



### **MARKS AND SPENCER**

Kids eat free in the M&S Cafe if you spend £5. One free children's meal per transaction. Between 4th April and 22nd April.

### **MORRISONS**

Kids eat free all day, every day in Morrisons cafes nationwide with one paying adult. Plus they have the feed the family for £10 deal running at Easter

### **YO! SUSHI**

Pick any main, a side of edamame beans and drink and you'll get it free with a £10 adult spend throughout half term.

### **ASDA**

Kids eat free in Asda's cafes after 3pm Monday - Friday.

### **GORDON RAMSAY RESTAURANTS**

Kids under 12 eat FREE all day, every day at selected Gordon Ramsay restaurants.

### **BELLA ITALIA**

Children can eat for £1 with any adult main. The offer is valid from 1st April - 24th April 2022

### **TABLE TABLE, BEEFEATER & BREWERS FAYRE**

Two children get free breakfast with one paying adult! It has also been reported that if you sign up to their newsletter they send out a code for kids eat free, but I haven't personally tried this.

### **THE REAL GREEK**

Kids eat FREE every Sunday for every £10 spent by an adult.

### **DUNELM CAFE-PAUSA**

Kids eat FREE when adults spend just £4 or more at Pausa cafes which you will find inside Dunelm stores.

### **PRETO**

Kids under 12 eat FREE all day, every day at selected Gordon Ramsay restaurants.

### **HUNGRY HORSE**

Kids eat breakfast free when accompanied by a paying adult, all day every day through the Easter holidays from 9am - 12pm.

### **FARMHOUSE INNS**

From 4th - 22nd April, Monday to Friday, up to two kids per paying adult can eat for just £1 each

AS SEEN ON MONEY SAVING CENTRAL

A photograph of three girls in white cricket uniforms and green helmets. The girl in the center is holding a cricket bat and a red ball, celebrating a wicket. The girl on the left is also celebrating. The background is a dark green field with falling green confetti.

# CALLING ALL GIRLS

**We are looking for girls to join  
Bishopston Cricket Club**

**U11's**  
(Years 5&6)

**U13's**  
(Years 7&8)

**For more info: [bishopston.play-cricket.com](http://bishopston.play-cricket.com)  
[bishcc1897@gmail.com](mailto:bishcc1897@gmail.com)**

Bishopston Cricket Club, Westbury Fields, Cricket Lane, Bristol BS10 6TN

Free  
play

# Easter Hols at The Ranch!

Tuesdays, Wednesdays & Thursdays

11am - 3pm

for ages 8 - 13 (under 8s must be  
accompanied by an adult at all times)

STAY & PLAY, a FREE  
hot meal for everyone, plus:

Tues 12th:

- Wild food activity in Badeck's Wood with Steve England - then back to make wild garlic bread on the fire pit
- Food learning activity with Travelling Kitchen

Weds 13th:

- 10:00am to 12:00pm - Level 1 Bikeability\*
- Food learning activity with Travelling Kitchen
- 1:00pm to 3:00pm - Level 2a Bikeability\*

Thurs 14th:

- Footy tournament
- Food Learning activity with Travelling Kitchen

Tues 19th:

- EASTER EGG HUNT!
- Foods from around the world taster session

Weds 20th:

- 10:00am to 12:00pm - Level 2b Bikeability\*
- Grow your own food planting session
- 1:00pm to 3:00pm - Level 2c Bikeability\*

Thurs 21st:

- Easter Seagulls Circus Activities
- Face Painting
- Healthy Food Bingo

\*Bikeability with Life Cycle\*

please book online

<https://bit.ly/LifeCycleUK>



For more info email: [info@southmead.org](mailto:info@southmead.org), tel: 0117 950 3335  
Southmead Adventure Playground, Doncaster Road, BS10 5PP



Department  
for Education

Your  
Holiday  
HUB  
By You

travelling  
KITCHEN  
Life Cycle  UK

