

Newsletter

**STAND WITH
UKRAINE**

Dear Parents, Carers and Students

I hope this newsletter finds you well.

WELCOME BACK TO TERM 5

Year 10 hit the ground running on Monday with the start of their mock GCSE exams. I have been very impressed with their maturity and focus this week. These are the first mock exams in their GCSE course and very useful in helping students learn about revision, exam technique and timings.

In term 6 we will build on these skills in lessons and revisit any knowledge gaps that these mock exams show. Well done Year 10 keep up the hard work!

Year 11 and Year 13 are revising hard and preparing themselves for external exams from Monday 16 May.

Mr Fernandes and Mr Smith are sending out information about the organisation of this term. We will be having a supported study programme running up to May half term.



OFSTED

I hope you have all managed to read the school's new Ofsted report that we received this week. It is a short report and so it is not possible to reflect the many strengths and improvements the school has made since the last inspection.

Despite this, we are delighted with the outcome and hope that all our community is proud of this report. Please review the report here:

<https://www.bristolfreeschool.org.uk/documents/Ofsted%20Report%2010211724%20-%20Bristol%20Free%20School%20-%20136822%20-%20Final%20PDF.pdf>

COMMUNITY NEWS

I am sad to share with you the tragic death of a young person from another school in our community. Such news is distressing and some young people from BFS may need to seek support from our Mental Health team or external services. Our thoughts and best wishes go to the family at this very sad time.

EID MUBARAK

Finally, I would like to wish our Muslim families Eid Mubarak for Sunday/Monday. I know this will be a very joyful celebration and we have added some more articles about Eid for us all to share. There is an Eid recipe for you all to try.



BANK HOLIDAY

Remember Monday is a Bank Holiday so I will see students back in school on Tuesday 3 May.

Best wishes



MRS S KING

KEY DATES

- 2 May - Bank Holiday - School Closed
- 9 May - Year 12 trip to Oxford University
- 13-15 May - Silver DofE Practice expedition
- 16 May - Year 8 Exams Start
- 18 May - Year 10 Geography trip to Bristol Harbourside and River Holford
- 21-22 May - Bronze DofE Qualifying Expedition
- 23 May - Year 11 & Year 13 Summer Exams start



ATTENDANCE MATTERS RELIGIOUS OBSERVANCES

With Eid fast approaching, we understand that many of our Muslim families will wish to celebrate. In line with Bristol City Council and attendance policy, one day of absence may be requested for religious observance. Please email admin@bristolfreeschool.org.uk for an Absence Request Form. Please fill this in and return it to the same email address so that your request may be considered.

Please use the same email address to request the form for any other religious observances. Any authorised day will still count as an absence on your child's attendance record.



MONKHOUSE UPDATES



Important Communications from our Schoolwear Supplier

As we approach the springtime, we begin to prepare for Back to School and our uniform supplier, Monkhouse is making preparations too.

As a response to your feedback, Monkhouse understand the importance of being able to communicate with you directly, so that they can keep you updated and in-the-loop as Back to School approaches.

In order to keep you informed, we ask that you sign up to their email communications via the Monkhouse homepage or create account form to allow updates from Monkhouse to reach your inbox.

https://www.monkhouse.com/?utm_medium=Email&utm_source=Email+2&utm_campaign=Homepage

Why Shop Early

Our message from 2021 to shop early in June and July remains the same for 2022, and there are plenty of benefits for parents who shop early with us this year...



Early-bird Deals & Offers



Entry to our prize draw



Free extended returns



Extended weekend opening hours

Why Should Parents Sign Up?

Signing up to our email communications is a direct way for parents to receive important information from us - ranging from:



Key dates for uniform shopping



Supply updates



Offers & deals on essential items



Booking information

EID MUBARAK 2022

EID MUBARAK TO ALL OUR MUSLIM STUDENTS AND TO YOUR FAMILIES AND FRIENDS.

THE FESTIVAL OF EID AL-FITR

The festival of Eid al-Fitr, the Festival of Fast-breaking, is an important religious holiday celebrated by Muslims worldwide that marks the end of Ramadan, the Islamic holy month of fasting. The holiday celebrates the end of the 29 or 30 days of dawn-to-sunset fasting during the month of Ramadan. This year this will be the evening of Monday 2 May.

The festival day begins with the first sighting of the new moon at the beginning of the tenth month of the Islamic calendar.

We hope our families celebrating Ei al-Fitr this weekend enjoy these celebrations, we would love to hear all about them next week.



HEAR FROM HAIDER, Y10

WHY HAVE YOU BEEN FASTING HAIDER?

I have been fasting because it is the holy month and it cleanses your body. Also because the Prophet Muhammad fasted. Fasting is hard and you get tempted to eat. There is now a prayer room in school which is good as it gives us time to pray in school

ARE YOU LOOKING FORWARD TO EID?

Yeah, because it is a celebration.

HOW DO YOU CELEBRATE EID?

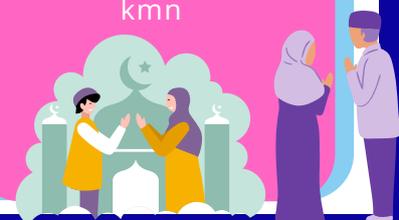
You see a round full moon so you know it is Eid. There is a big Eid prayer at the mosque, everyone gets together and has food. Back home you can sacrifice a goat/cow and share the meat with poorer people. You also give money to the poor.

FIND OUT MORE!

<https://www.bbc.co.uk/teach/class-clips-video/religious-education-ks2-my-life-my-religion-ramadan-and-eid-ul-fitr/zdv7pg8>

<https://www.bbc.co.uk/bitesize/articles/z4cmkmn>

THANK YOU TO HAIDER FOR SHARING YOUR EID CELEBRATIONS WITH US





BFS COOKS

BASBOUSA

During Eid Al Fitr, Muslims take part in special morning prayers, greet each other with formal embraces and offer each other greetings of "Eid Mubarak" or " have a blessed day". They gather with family and friends and give gifts to children and prepare and eat special meals, including sweet dishes such as Baklawa and Basbousa.

I'm going to share with you the ingredients and how to make Basbousa as one of the most popular sweet dishes people like to make on Eid day.

<https://food.ndtv.com/recipe-basbousa-955102>

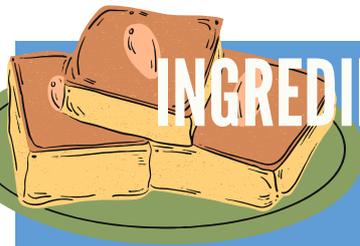


MRS EDDHABI



INGREDIENTS

METHOD



- 2 cups Semolina
- 1 cup Sugar
- 1/2 cup of Yogurt
- 2 tbsp Honey
- 1 tsp Baking Powder
- 8-10 Almonds (chopped)
- 1/2 cup Melted Butter

For the Syrup

- 1 cup Sugar
- 1 cup Water
- 1tsp Lemon Juice
- 1 tbsp Dried Rose Petals

- Whisk the semolina, sugar and baking powder together in a large container.
- Then add the yogurt, melted butter and combine well to make a thick batter.
- Pour the batter into the greased baking pan. Bake for 30-45 minutes until crispy and golden brown.

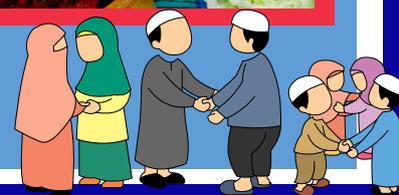
For Lemon & Rose Syrup:

- Boil water in a pan and add lemon extracts, juice, sugar and dried rose petals
- Boil for 5-10 minutes until the syrup thickens.
- Pour the syrup over the still hot cake and allow it to be absorbed, at least an hour.
- Serve after a complete full-fledged meal or as an evening snack with a cup of black coffee or tea.



CELEBRATE YOUR CULTURE WITH US BY SHARING A FAMILY FAVOURITE RECIPE!

NEWSLETTER@BRISTOLFREESCHOOL.ORG.UK





MISS LUDWELL

THIS WEEK IN ENGLISH...

Welcome to Term 5!

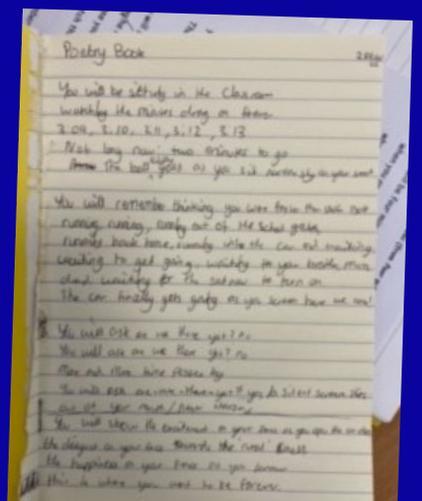
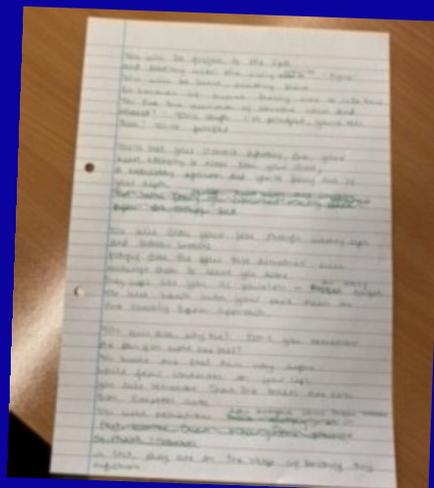
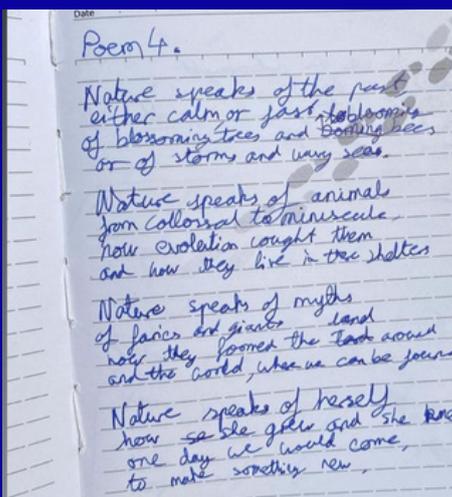
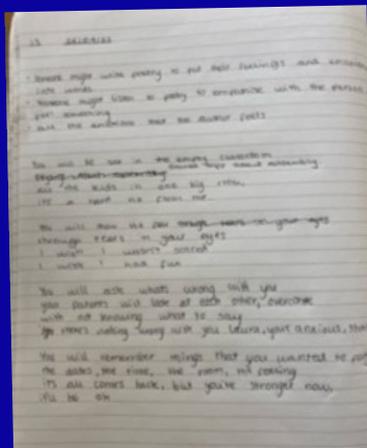
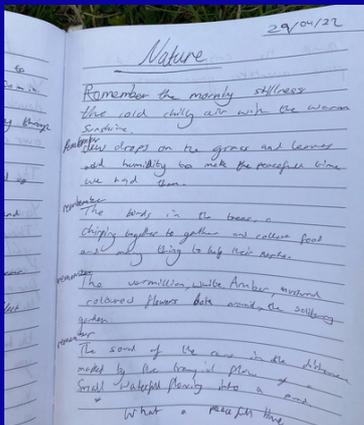
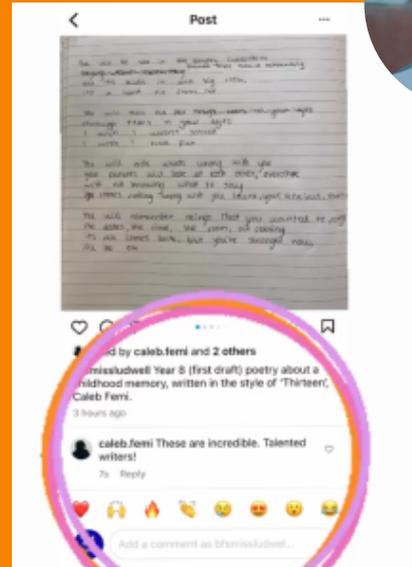
Term 5 is personally a favourite term of mine as it's all about writing poetry with KS3. As a school, we are blessed with talented writers who wow their teachers and peers with their poetry.

It would only be right to share the fabulous work of Year 7 and 8 with you (instead of keeping it to ourselves). Enjoy the showcase of poetry focusing on childhood memories, nature and the ballad form.

More to come next week and hopefully another comment from a poet...

FYI: the school have a school Instagram and share posts from teachers about their classes. Who knows, you may see yourself in a story!

LOOK WHO COMMENTED ON OUR POST!!



BFS MUSIC



MR PATE

THIS WEEK IN MUSIC...

After the amazing Music Showcase Concert before Easter, BFS students have got stuck in to music making again to start the new term. Year 7 students have just started a module on classroom singing - something that hasn't been possible over the last couple of years. It's been wonderful to hear students singing again, and the enthusiasm from the classes has been phenomenal! Students are developing their voices in a range of different styles, starting to create harmony by singing rounds. For anyone who likes singing, our choir group Dynamics rehearses on a Thursday after school. We sing fun songs in harmony, and are working towards some exciting concerts and trips over the coming terms. It's not too late to join up - just turn up on a Thursday in the drama studio!

Year 9 students have been studying Hip Hop, and learning all about the origins of the style and how it developed. They have tried writing their own rap lyrics, and are beginning to use music technology to compose their own hip hop tracks. They are going to be working on their own original songs, with many having written pages of lyrics already!

If students are interested in composing music using computers, there is a fantastic opportunity for extra time to do this in our Music Tech Club, which is run by the amazing Mr Curtis (who works as a dance music producer when not at BFS). It runs on a Wednesday after school in CG31. Anyone is available to come along and get some expert guidance in how to produce your own music in any style.



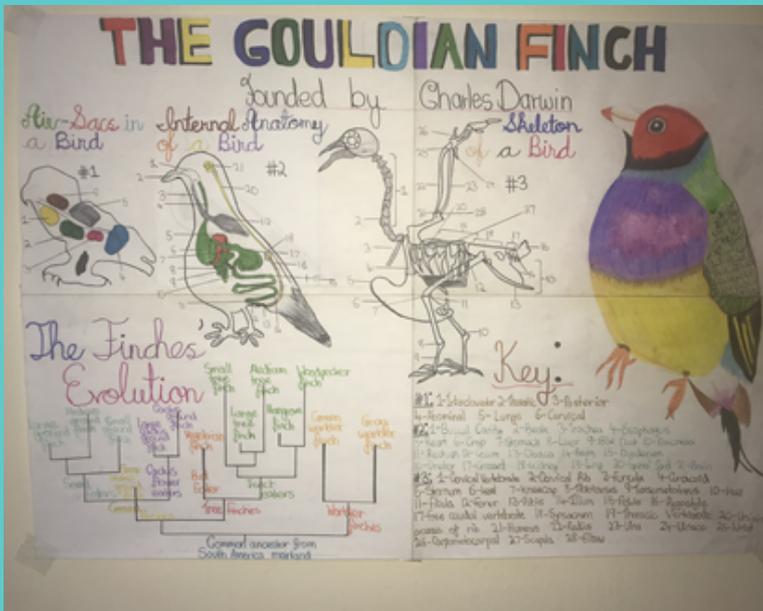
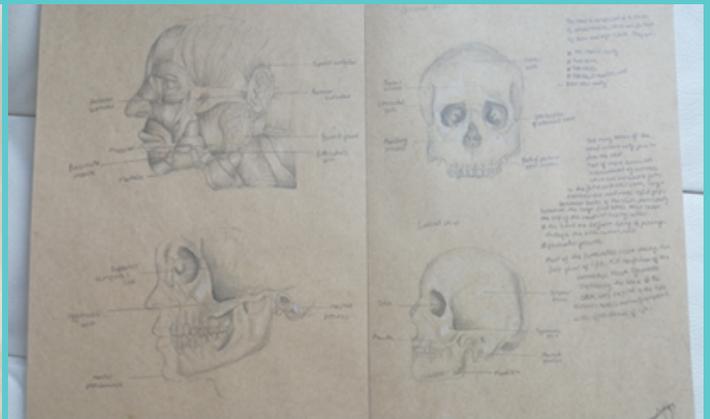
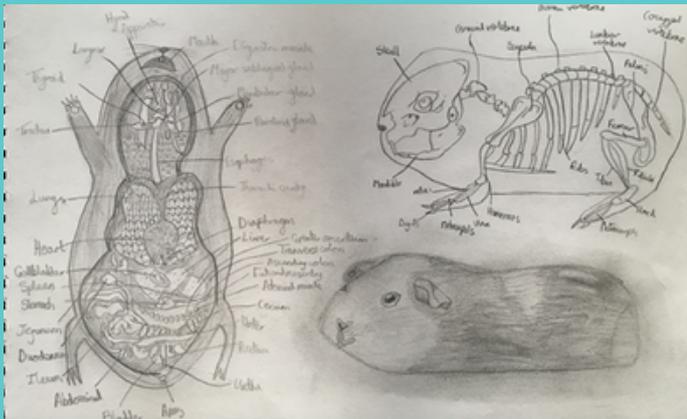


MISS HAWES

THE NANCY ROTHWELL AWARD 2022

This competition combines the best of art and science and is open to all year groups and students. We would love to see your biological drawings. In order to enter the BFS competition submit your entry to Miss Hawes or Ms Board in CF17. To enter the international competition go to the website and email your entry to the Royal Society of Biology.

<https://my.rsb.org.uk/item.php?competitionid=44>



**NANCY ROTHWELL AWARD
(ALL YEAR GROUPS)
BFS CLOSING DATE: FRIDAY 10
JUNE
EXTERNAL CLOSING DATE: 23:59
BST ON 29 JULY 2022**

**MORE DETAILS ON CLASS
CHARTS!**

BFS SCIENCE



MR LALLY

FESTIVAL OF PHYSICS

Join the Institute of Physics on 30 April in Stroud for the 'Festival of Physics' a whole-day event for school students and their families, professional and retired physicists, in fact anyone with an interest in physics. For the full programme & to book your ticket, please follow the below link.



IOP
Institute of Physics



IOP Institute of Physics

IOP South West Branch Stroud festival of Physics

Subscription Rooms,
George Street,
Stroud, GL5 1AE

30 April 2022
10AM - 3PM

FIND OUT MORE HERE:

[HTTPS://WWW.IOP.ORG/EVENTS/FESTIVAL-PHYSICS](https://www.iop.org/events/festival-physics)

BFS SCIENCE



MS BOARD

This Thursday we had an awesome time watching Nerys from the Royal Institution perform the amazing 'We have the Power' Science show. We learned all about different types of energy, pouring invisible Carbon Dioxide down a staircase of candles and watching steam powered engines.

We had some great audience volunteers and some very insightful questions, showing how our students really think about renewable energy and our global future. The show had an explosive conclusion when igniting Hydrogen gas, ending the day with a bang!



The Royal Institution
Science Lives Here



BFS CAREERS



MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER



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 KS4 and KS5 students and 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 the different entry routes into the profession and how can Airbus produce carbon neutral aircrafts.

There is a virtual work experience opportunity at Airbus starting on 4 July, for more information and how to apply please see more information on the website below:

<https://www.springpod.com/virtual-work-experience/aerospace-work-experience>



BFS COMPUTER SCIENCE

NCCE COMPUTING QUALITY MARK

It's official - BFS is delivering high quality computing education and the digital skills young people will need for their future.

We are proud to have achieved the new national Computing Quality Mark, after evaluating our computing education and demonstrating high quality provision.

We completed the National Centre for Computing Education's ground-breaking new programme, the Computing Quality Framework, which recognises excellence by awarding the Computing Quality Mark.

National
Centre for
Computing
Education



MRS RAMANANDI

THE NATIONAL CENTRE FOR COMPUTING EDUCATION (NCCE) IS FUNDED BY THE DEPARTMENT FOR EDUCATION AND SUPPORTING PARTNERS, TO IMPROVE THE PROVISION OF COMPUTING EDUCATION IN ENGLAND. SINCE THE NCCE'S ESTABLISHMENT IN 2018, IT HAS ENGAGED WITH 34,000 TEACHERS FROM MORE THAN 19,000 SCHOOLS IN ENGLAND, CREATED THE TEACH COMPUTING CURRICULUM WHICH HAS SEEN HALF A MILLION DOWNLOADS OF LESSONS. IT HAS NOW ADDED THE CQF TO ITS PROVISION.

BFS SPORT



MRS WYNNE-JONES



EXTRA-CURRICULAR PE TIMETABLE

Term 5 and 6 2021-22

	Athletics	Rounders	Cricket	Tennis	Indoor Hockey (*)	Bench ball club (*)	Cross country /Fitness
Monday	All years (RUH/BWY/JTN)			All years (SWD)			
Tuesday							
Wednesday		7-8 (LBD)	9-11 (JTN)				
Thursday		9-11 (RUH)	7-8 (SWD)			All years (BWY)	
Friday					All years (RUH/MMN)		All years – (BWY/EPN/PHY)

Sports clubs start up from Monday 25th April 2022

Everyone is welcome to all extracurricular clubs. They begin after school (meet in the changing rooms) and finish by 4.15pm. (*) = When sports hall is available.



MRS BALLARD

THE U14 GIRLS FOOTBALL TEAM TRIUMPHED EMPHATICALLY WINNING 9-0 IN THE BRISTOL SCHOOLS FINAL AGAINST ASHTON PARK.

Two goals from Imogen and Emily were scored from exceptional strikes outside of the box!! Jas scored two very cool goals, slotting both in the bottom corners.

Emily set up Chloe for Chloe's wonder goal. Emily scored two super strikes and Imogen scored a brilliant hat trick - one of which was assisted by Tia (our goalkeeper!!).

Isla was rightfully awarded player of the match for her continuing pressure in attack and defence and pretty much being everywhere!

The progression and unity as a team, who have only come together this season, is exceptional and I'm really proud of the girls. They will now play in the District round on Tuesday in Cirencester. Bring it on!!



WELL DONE GIRLS



MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

PARENT/CARER SUPPORT OFFER - WEBINARS

Anna Freud would like to invite you to attend a 4-week online "Connecting Parents and Carers" group, starting in the week of 9 May 2022, in collaboration with the Anna Freud Centre Schools Support Service. The groups will run for 3 consecutive weeks, with a break during half term and the last group session taking place in the week of 6 June 2022.



TO REGISTER FOR THE INTRODUCTION MEETING, PLEASE SELECT THE RELEVANT GROUP AND CLICK ON THE ZOOM REGISTRATION LINK.



**Anna Freud
National Centre for
Children and Families**

TAKING
CARE

TO PROMOTE MENTAL HEALTH IN SCHOOLS AND COLLEGES

Date: Tuesday 3 May
Time: 1-2 pm
Register:

<https://annafreud.zoom.us/j/98486221234>

Date: Tuesday 3 May
Time: 7-8pm
Register:

<https://annafreud.zoom.us/j/98486221234>

Date: Wednesday 4 May
Time: 12-1pm
Register:
<https://annafreud.zoom.us/j/98486221234>

Date: Wednesday 4 May
Time: 7-8pm
Group for Dads and Male Carers
Register:
<https://annafreud.zoom.us/j/98486221234>

Date: Thursday 5 May
Time: 5-6pm
Register:
<https://annafreud.zoom.us/j/98486221234>

BFS SEND



MRS PARRY

ONLINE WORKSHOP

The most frequent (and most pressing) question we get from parents, caregivers, and educators alike is about resistance. What can I do when my autistic child shuts down and won't go with the plan?

It's terribly distressing to be stuck in those moments, isn't it? You have a lot going on—too much to do with too little time and you mapped out the entire day. But then, something gets triggered in them and they dig in their heels.

What can you do? How can you better understand what's going on inside them? What skills can you employ to help them transition back to the flow of things?

In this live, online workshop Understanding Behaviour through the Autistic Lens, Lynn McCann will help you:

- Understand why your autistic child might react, experience, and behave in a way that may be different, including when they seem distressed and oppositional.
- Identify the child's underlying needs and how to make your communication, environment, and teaching (home-based skills or school skills) more accessible for them.
- You will receive a workbook you can work through during the workshop and use going forward.
- You will put together an actionable, positive support plan for your child.

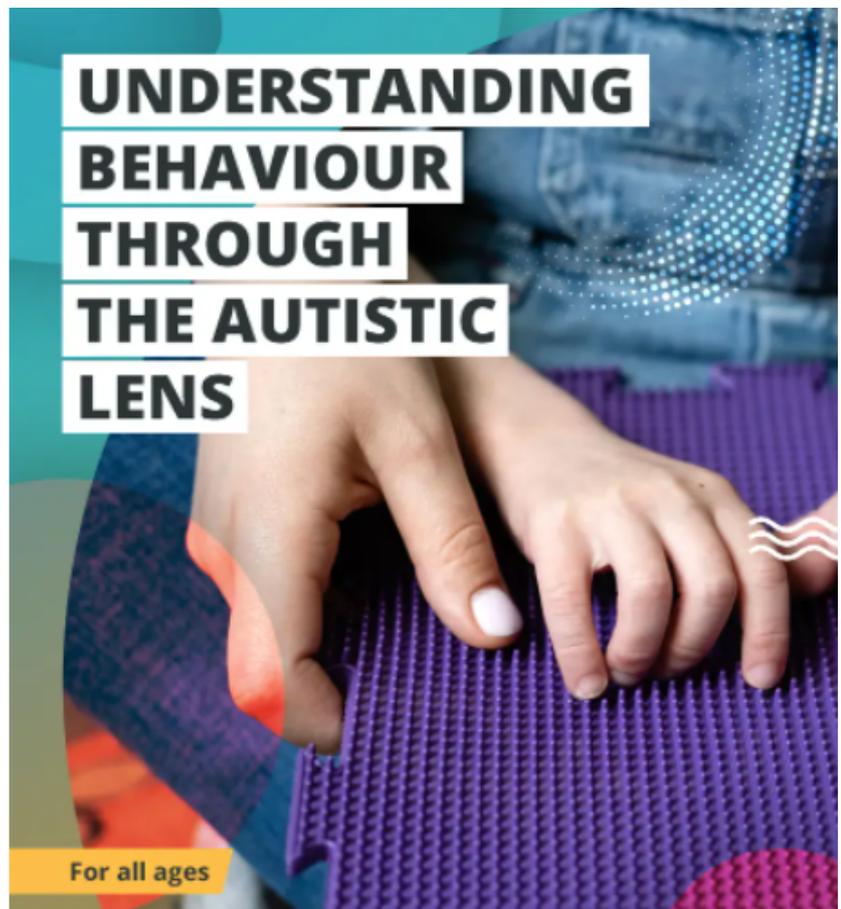
Register for the workshop today: https://clicks.schudio.com/email/S-1743@50570@s8bj0Q_h30G2pZCokmRdkbbEb_gXMNWhIRtrHvZXNkA.@



SEND AND ALTERNATIVE PROVISION GREEN PAPER

The Council for Disabled Children have produced a guide to the Green Paper for parent carers which can be accessed at the following link.

<https://councilfordisabledchildren.org.uk/resources-0/send-and-alternative-provision-green-paper>





Community Children's
Health Partnership

NHS

11-19 YEARS OLD?

We help young people with
all kinds of things like ...



Message us for confidential
advice and support and to
chat with a School Nurse.



ChatHealth



Send a message to:
07312 263093

The service is open on Monday to Friday from 9am-5pm.

Is your child on a
different path to other
children?

Would you like to
connect with others also
in this situation?

Nurture Groups are intimate circles of
SEND parents, meeting for 8 weeks to find belonging,
friendship and space to process the big emotions. All
welcome, whether your child is medically complex,
neurodivergent, physically disabled or pre-diagnosis.

Up and coming groups:

- Wednesdays 1- 2:30pm on Zoom, from 27 April
- Thursdays 10-11:30am at St Paul's Children's Centre,
from 28 April (for parents of children 0-5 yrs)
- Mondays 8-9:30pm on Zoom, from 30 May

The course is facilitated by a therapist and a community
worker/SEND parent.



Murmuration
community
therapy

Text/call Poppy on 07792189909 for more details
or email murmurationct@gmail.com
www.murmurationcommunitytherapy.weebly.com



WE'RE HIRING

EXAM INVIGILATORS

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

Send your CV :

EXAMS@BRISTOLFREESCHOOL.ORG.UK