

# Bulletin



## Y7 BOYS FOOTBALL TEAM WIN 5-0!

After two weeks of Monday practice, the team travelled for their highly anticipated inaugural fixture. Their opponent, Oasis Brightstowe, started strongly; creating an early chance with a long ball over the top, before Harley got close with an incredible overhead effort.

Lewis, Callum, Flyn and Rory held the defence with anticipation, teamwork and skill, before the BFS goals started flying in! First, James struck the ball into the top right corner. Dexter then scored a worldy from outside of the box, and Jack, Harley and James finished in the second half, with the whole team's passing approach paying off.

The squad showed excellent togetherness, defensive resilience, and a high level of skill. Congratulations to all involved!



# KEY DATES

- Saturday 4 February - Cyberfirst Competition Finals
- Thursday 9 February - Y11 GCSE History Trip to E5 Conference Center
- Thursday 9 February - Young Green Briton Challenge
- Friday 10 February - End of Term



# BFS CAREERS

## MR PARRY

HEAD OF BUSINESS AND CAREERS  
LEADER

Today we were delighted to host Chloe Rutherford, who gave an inspiring talk about careers in medicine. Chloe is an NHS doctor specialising in paediatrics, currently working in the neonatal medicine unit in Bristol.

She spoke to the students about her personal journey of how she became a doctor and gave students some great insight into what life is like studying medicine at university and as a doctor. She also spoke about the wide range of career pathways doctors can undertake, and also the various different career paths available in the NHS. The talk was widely attended by students and they 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.



## BFS COMPUTER SCIENCE

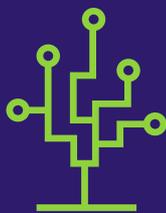
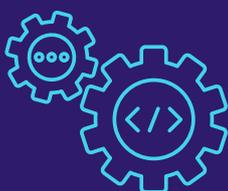


MRS RAMANANDI

# BFS ON THE RADIO!

In support of the upcoming CyberFirst Competition, BBC Radio Bristol will be interviewing Mrs Ramanandi, along with Emily, Katherine, Libby and Rosie, who will be competing in the event.

The interview will be live from 9.20am on BBC Radio Bristol, Saturday 4 February.



# NHS



# BFS MATHS

MS BOARD

## Y8 TRIP TO THE UNIVERSITY OF BATH

This week, we took our Year 8 mathletes to an event at the University of Bath, focussing on encouraging and supporting women in Maths.



The day started with some problem solving exercises, with BFS students showing their lateral thinking prowess, coming up with all the right answers!



We went to two interesting workshops; the first on how Meteorologists predict the weather with graphs and formulae a go-go. After lunch we heard the lesser-known past of Florence Nightingale, who started out as a Statistician before her famous nursing career. We used her idea of using alternative graphs to present data, coming up with some eye-catching visualisations which really got the context of the figures across.

The students then had some informative chats with Undergraduates and PhD students to find out how their study will be used for their future careers, and more importantly for Maths in the real world!

After a fun round-up session at the end of the day, we learned some clever tricks with shapes much more interesting than your common circle, square and triangle. It was great to look at Maths on another dimension!





MRS BALLARD

# BFS SPORT



## U14 GIRLS FOOTBALL SUCCESS!

The U14 girls football team has their first school fixture this week and due to large numbers at football training, we have been able to rotate the squad to ensure as many of the students attending get to experience the joy of playing against other schools.

This week we faced Blaise. In a new formation, and the first school game for some of the Year 7's, they all played fantastically. We finished the fixture 14-0, goal scorers including Emily G (6), Chloe (4), Isla (2), Polly (1) and Emily W scoring her first goal for the team - well done! A great team effort as always and a big thank you to Rosie, Isla, Molly and Polly who stepped up to take a turn in goal!!

Next week we face OAB.



## SPORTS HALL ATHLETICS COMPETITION



Last weekend, the following students attended the Avon Schools Championships for Sports Hall Athletics. This was an invite only event, having been selected after their fantastic results in the Sports Hall competition in Term 2. Congratulations to them all for representing BFS and Bristol Schools.

Here are the top results:

- Archie - 3rd shot put
- Martha - 1st shot put
- Sidney - 3rd in the 6 - lap
- Archie - 2nd in the 2 - lap race (A race)
- Will - 1st in the 2- lap race (B race)
- Martha - 3rd in 2 - lap
- Martha - 3rd in the Vertical Jump
- Flo - 4th in the 4 - lap



# BFS COOKS



MISS EVANS

## Y7&8 TUNNOCK'S TEACAKE HOUSE COMPETITION!



Create a piece of culinary art with a stunningly plated Tunnock's Teacake. Using your artistic creativity and food preparation skills, style a plate of food featuring a Tunnock's Teacake.



The theme is 'patterns and shapes'.



Want to take part?  
Sign up with Miss Evans in CG23.  
We will provide you with one teacake. You will then need to bring:

- your design
- ingredients to make the different elements of your design e.g., fruit for coulis.
- a plate/board (if it is specific to your design)

The competition will take place on Wednesday 1 March 3pm-4.15pm. The winning two students' photos will be entered into the national competition!





# MENTAL HEALTH & SAFEGUARDING

*Mental Health & Safeguarding Support, Advice & Information*



Ms Townsend, *Mental Health & Safeguarding Manager*



Miss Hastings, *Medical and Mental Health Officer*

As we fast approach possibly the best week of the year (as far as the Mental Health Team are concerned!) there is lots happening to support our young people develop positive and engaging mental health; Mrs Jenkins will be leading Mental Health assemblies across the whole school, there will be mental health tasks and wellbeing during tutor times, Mental Health Club on Tuesday, and drop in sessions during lunchtimes for young people feeling the every day stress.

## THIS WEEK THE TEAM IS FOCUSING ON THE POWER OF AFFIRMATION

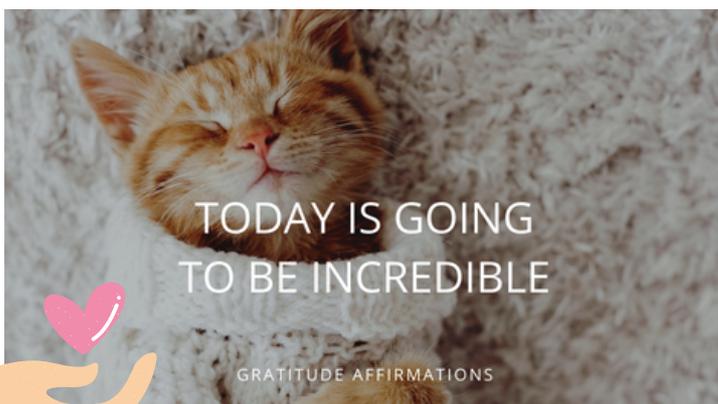
Affirmations are positive phrases and statements used to challenge negative or unhelpful thoughts.

We have approximately 70,000 thoughts a day and of those, we average 70% as negative. By repeating positive messaging or 'affirmations', we are creating a shift in balance between negative and positive mindset.

The more we repeat positive affirmation, the more positive we become, as we start to shift our fundamental self-integrity.

Respecting ourselves and others around us creates a respectful culture. Showing patience and flexibility allows others to do the same. The feeling of positivity rubs off on those around us.

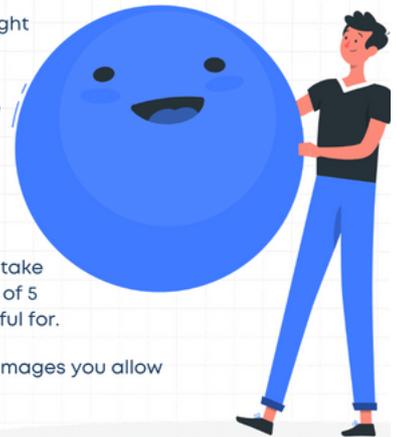
Try it – see if it works! Instead of beeping and getting frustrated in a traffic jam, let the next person queuing to join the jam in. Feel what that feels like, see the reaction of the other driver – smile. Instead of using harsh words when someone asks something of you, take a deep breath and then respond with a positive tone of voice. Notice the effect on the person you are talking to. Even if the message is negative, surround it with positive words.



## 4 Ways to Tap Into the Power of Positivity

Lifhack

- 1 Learn to substitute every negative thought with a positive one.
- 2 See the positive side of every situation, even when you are surrounded by pure negativity.
- 3 At least once a day, take a moment and think of 5 things you are grateful for.
- 4 Change the mental images you allow to enter your mind.



Do ask your students to keep an eye out as they walk around school during Children's Mental Health Week. There will be positive affirmations up, approximately 300 of them, around the school. If everyone spots 100 each day, and says the affirmation in their mind, they will be reducing their negative thoughts massively.

We will leave them up for a week with a hope that everyone will benefit from an extra bit of positivity. Please do encourage your students to leave the affirmations where they find them so that they can pass on the positivity!

# 5 Benefits of Daily Positive Affirmations



## Positive Affirmations Increase Brain Activity

Those who self-affirmed their highest values showed increased activity in the brain responsible for expecting and receiving rewards.

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*Caccio et al., 2016*

1



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- Positive Affirmations Reduce Stress
- Positive affirmations have been shown to decrease stress levels before college exams.

*Sherman et al., 2009*

- Positive Affirmations Boost Athletic Performance
- Combining positive affirmations with head nods has been shown to improve performance among athletes.

*Herrero et al., 2019*

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- Positive Affirmations Can Help Boost GPA
- Students who wrote down self-affirmations that reaffirmed their core values increased their GPA over time.

*Layous et al., 2016*

- Positive Self-Affirmations Make You Healthier
- Participants exposed to messages like, "People who sit less are at lower risk for certain diseases" were found to be more active one month later.

*Caccio et al., 2016*

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# Challenge

**Wed 15 March 2023**

**10am-Midday**

FREE interactive 2-hour online challenge.

Test your skills by competing in 4 interactive labs. Developed by Immersive Labs who provide cyber training to many of the world's leading organisations.

**Y8 students**

**4 students per team**

Contact Mrs Ramanandi for more details.  
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