

Dear Parents, Carers and Students,

## U14 GIRLS' FOOTBALL

Today I met with the U14 Football Girls' Team to celebrate their achievements in the National Championships. We had a celebration breakfast with Mrs Ballard and Ms Urch. BFS are so proud of them!



At the same time, I gave out Headteacher Awards to those students who have gained the most house points this year. This was a very positive way to end a busy term.



## DRAMA PRODUCTION

On Wednesday BFS performed at the Bristol Old Vic! The performance of 'Tuesday' was sold out and our cast made us proud with a fantastic performance.

A huge thank you to Mrs Jerome who made this link with the National Theatre and to all the staff who supported. This will be a lifelong memory for those cast members.

## YOUNG GREEN BRITONS' DRAGON'S DEN

Another highlight this week was the presentations made by students in the Young Green Britons' Dragon's Den. It was great fun and the students pitched some very innovative ideas.

## E-SAFETY

This week we have reminded students about the E-safe system that monitors searches on school computers.

We have seen a slight increase in inappropriate searches and will continue to inform parents/carers when these incidents occur.

I strongly suggest you do a similar thing at home to ensure you are aware of the websites your child is accessing.

## BFS EXAMS

We are entering exam season in a matter of 6 weeks. Year 10 and Year 8 will sit their exams before the Year 11 and Year 13 exam season which starts on 15 May.

Year 10 in particular should do some revision in the Easter holidays which is important for their short course Religion and Philosophy GCSE on 23 May and great practice for Year 11.

We have provided a lot of guidance and digital resources to support your child.

Finally, I would like to wish all our families a very happy and well-deserved Spring break.

See you all on Monday 17 April.

Best Wishes,



**MRS S KING**

# KEY DATES

- Monday 17 April - Beginning of Term 5
- Tuesday 18 April - Voice 21 at BFS
- Wednesday 19 April - Y12 A-Level Biology Roadshow from UoB
- Thursday 20 April - Unicorn Art Day
- Friday 21 April - Ramadan ends

# PHYSICS ILLUSION COMPETITION!

This Easter break, utilise your knowledge of physics to create an optical illusion! You may wish to explore refraction of light through a glass of water, or maybe you'll use perspective to change the perceived size of objects, or perhaps you'll use mirrors to produce an illusion.

Take a photo that captures your illusion and email it to [a.lally@bristolfreeschool.org.uk](mailto:a.lally@bristolfreeschool.org.uk). All submissions will receive house points and there will be prizes for the best illusions.

If you are completely stuck for ideas, you can explore optical illusions online and submit your favourite one!



# BFS ATTENDANCE

## 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](mailto: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.



# WE'RE HIRING!

We're currently hiring in a variety of roles, teaching and support staff. Please check out our current vacancies on our website [here](#).

# FOBFS

Many thanks to all who supported the FOBFS pre-show refreshment bar for the performances of 'Tuesday' at school last week. We are pleased to say we raised £184!

The FOBFS AGM is due to take place in the last week of April - date and time will be confirmed after the holidays.

We are also planning to hold a Quiz Night in Term 5 - more details to follow.

Many thanks from the FOBFS Team!





# MENTAL HEALTH & SAFEGUARDING

*Mental Health & Safeguarding Support, Advice & Information*



Ms Townsend, *Mental Health & Safeguarding Manager*



Miss Hastings, *Medical and Mental Health Officer*



## COPING WITH EXAMS

Being well prepared for your exams is the best way to overcome stress and anxiety, and it gives you the best chance of getting good grades. Pressure to do well in exams can be overwhelming and affect your mental health, but it's normal to feel a bit worried about exams, especially if you feel that you are under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits. If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone. Contact us at [tellsomeone@bristolfreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk).

## REVISION TIPS

### TIMETABLE

Try breaking it up into chunks and creating a daily timetable so you know what you want to study, and when. This can make revision feel less overwhelming and much more manageable.



### BE REALISTIC

Be realistic about what you can achieve in a day. An unrealistic revision plan won't help you and will put you under unnecessary stress.



### TAKE BREAKS

Make sure you take regular breaks from studying. Your brain cannot concentrate for hours at a time.



### DO WHAT WORKS FOR YOU

Not everyone studies in the same way. Some people prefer to read, others find it easier to make notes or draw diagrams, whilst others prefer to talk things through.



### FOCUS ON YOU

Focus on yourself and don't compare yourself to others. It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. We are all different and that's okay!



**TELLSOMEONE@BRISTOLFREESCHOOL.ORG.UK**



MS BALLARD

## NETBALL CHAMPIONS!

Our super talented Year 8 Netball Team travelled to UWE this week to play in the final against Backwell School. The first quarter was extremely close, finishing 4-4, but Backwell excelled in the second quarter, making it 10-7 to them. However, with a tactical change and some motivational speeches (and jelly babies!), BFS prevailed, finishing the third quarter 19-12, with some superb shooting from Rosie and Hannah. The last quarter remained nerve-racking, but they held their own and finished the game 24-15. They are now champions of the West of England!

Laila was nominated as Player of the Match. Thank you so much to Sarah-Lou and Megan for their coaching and umpiring assistance, we couldn't have won without them. A fantastic team and a very well deserved result!



## U14 GIRLS

## HOCKEY FESTIVAL

CHARLOTTE 9TG4

On Tuesday, the U14 Girl's Hockey Team travelled to Fairfield for our first ever outdoor tournament!

We played 5 games and, although we started off slowly with two 0-0 draws against Fairfield A Team and RGS, we really put in the effort and scored some goals in the remaining three games. We played Orchard and very quickly scored, with a great goal from Lexi, in the first few minutes of the game, securing our first win of the tournament. We could, and should, have scored many more. Our fourth game saw us play Montpellier and after several attempts, we got our first well-deserved goal, again scored by Lexi, ending that game with a 1-0 win, giving us the extra boost of confidence we needed for our last game. Finally, we played Fairfield B Team. We came out of the game with a 3-0 victory to wrap up our first ever outdoor tournament, with goals scored by Issy (2) and Lexi.

We are currently undefeated and had a clean sweep, not conceding any goals! Well done to everyone who played - a big shout out to Imogen, our goalie, making her hockey debut!







# BFS SPORT



## Y11 & U14

## FOOTBALL



Both the Year 11 and U14 Football Teams faced St Mary Redcliffe in a double-header fixture at Coombe Dingle this week.

The U14 Team were up first and comfortably won 7-0!! Scorers were Emily (3), Isla, Chloe, Polly and Libby.

Unfortunately, the Year 11 Team came up against a strong opposition and lost 3-0. Great effort from everyone involved!



## BASKETBALL

This week we played in our first Basketball fixture against Trinity. Our Year 7 Team narrowly lost, and our Year 9 & 10 team lost 31 - 18. Well done to all involved and thank you to Mr Sheppard and Ms Jetullaji for leading Basketball Club this term, as well as this fixture. We now lose the Sports Hall for exams but we hope to build on more Basketball in the next academic year!



# BFS MATHS

MR ALDRIDGE

## MATHS FEAST



Last week, Catie, Lauren, Patrick, and James took part in The Maths Feast at John Cabot Academy. The Maths Feast is a day of maths puzzles, teamwork and friendly competition with 18 other schools. The event is run by the Advanced Mathematics Support Programme for Year 10 students.

Our team did really well, achieving 5th place overall, as well as a special certificate for the highest score in the third round, which involved iterating through better and better estimates for Pi, using Archimedes' Polygon method. Other rounds involved logic and estimation, complex area problems, algebra and a relay round, putting all their knowledge together.







MS BOARD

# CLUBS AND ENRICHMENT

After the Easter break, we'll be cracking on with our full programme of extra-curricular clubs and activities. There are a few new additions and some changes to the previous schedule, so please refer to the booklet that will be published after the holiday. We'd like to thank all our keen club-goers and sportspeople, plus our generous and dedicated staff who run our activities in their free time.



This term is sure to be full of fun and exciting opportunities. Come along to a new club or sign up to be part of a team! We have had so much success in sports and in other competitions this year, we'd love for you to be a part of the action! There's truly something for everyone and with plenty of opportunity house points for attendance and for entering our house competitions, you can really show your school spirit. If you would like to see something new and have a good idea for a club, then let us know! We want to hear about all of your interests and talents!

New clubs for Term 5 will include Chess Club with Dr Gregson on Mondays in CF11, Hair and Beauty Club with Miss Kelly, Miss Giltrow and Miss Ludwell on Fridays in DG07 (sign up sheet in the room) and PE will be offering a range of new sports including Cricket, Rounders, Tennis and Athletics.







# BFS COOKS



## Y10 FOOD TECH

MS CORRIGAN

Three weeks ago, Year 10 students learnt how to portion a chicken and have been using the different parts of the chicken in various recipes over the following weeks. From soups, to kiev's and recently, they marinated the wings and created a tasty dip to go with. As part of this lesson, they learnt to dovetail two recipes to create a two course menu. With the wings, they also served an Easter egg cheesecake in an Easter egg! Year 10 have worked really hard this term, completing various tricky practicals and theory lessons. Well done!



AMELIE D



ZOE



RONAN



YUVAL



ARCHIE



ROXY



ELIZABETH



LILIYROSE



AMELIE F

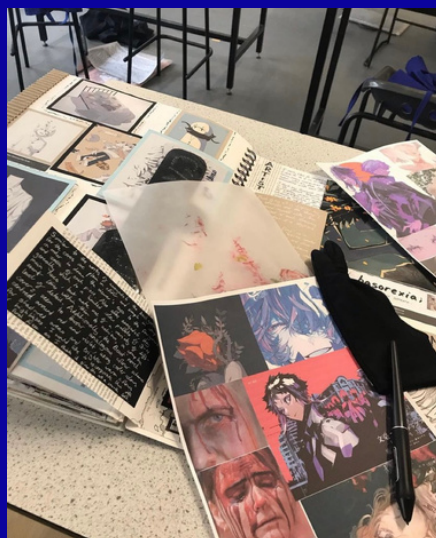


# THIS WEEK IN ART

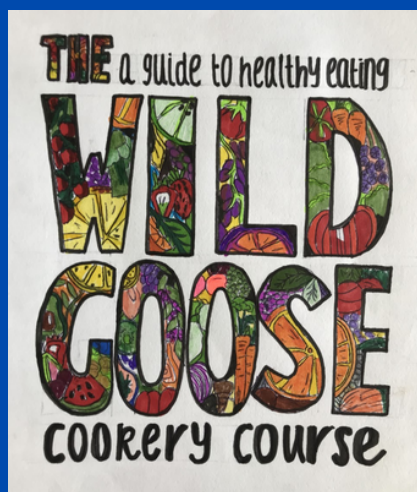
MRS KINNERSLEY

## Y10 ART MOCK EXAM

Y10 sat their first Mock exam in Art and spent the whole day creating stunning artworks, including painting, lino prints and clay sculptures. Y10 Photography is also taking place, which is an exciting time for the department, as we get to see what students can create independently. The quality of work being produced and the commitment we are seeing from Y10 is exemplary. Well done Y10 artists!



## WILD GOOSE CAFE CHARITY COMPETITION



Thank you to all those who entered the Art competition. We had some any wonderful responses, and all artworks were sent to The Wild Goose (In-Hope Charity). They have chosen their 2 winners.

Please can the artists find Mrs Kinnersley after the Easter break to claim your prize.

You will also be notified when the charity uses your work in the publication of their booklet. Well done!





MR NOUAS

BFS MFL



# LANGUAGE AMBASSADORS



The Language Ambassadors have been working on a playlist comprising of songs from artists around the world and in various languages, ranging from German to Taiwanese. We have compiled a playlist on Spotify to share with you to celebrate diversity in languages through song! Either click [here](#) or scan the QR code to access this. Below, we have compiled a short description of some songs, the artists' nationality, and the genre of music. We hope you enjoy – Happy Easter!

## OCCIDENTALI'S KARMA

**FRANCESCO GABBANI**

Genre: Italian Pop

Language: Italian

Nationality: Italian

Short description: It is about evolution and talks about monkeys and the Neolithic man

## VILL HA DIG

**KEIINO**

Genre: Norwegian Pop

Language: Norwegian and Sami

Nationality: Norwegian

Short description: About someone falling in love with a classmate

## PAPAOUTAI

**STROMAE**

Genre: Eurodance

Language: French

Nationality: Belgian

Short description: The song is about a young boy missing his father.

## VIVIR MI VIDA

**MARC ANTHONY**

Genre: Salsa Song

Language: Spanish

Nationality: American

Short description: Forgetting about sadness and living happy.

## IDOLIZA

**JB**

Genre: Hip pop

Language: Cantonese

Nationality: Hong Kong

Short description: About people keep buying things they don't need

## SUNNY DAY

**JAY CHOU**

Genre: Britpop

Language: Mandarin

Nationality: Taiwanese

Short description: This is a romantic juvenile love song. This song fully magnifies the thoughts of memories.

## SAUDADE, SAUDADE

**MARO**

Genre: Portuguese indie-pop

Language: English and Portuguese

Nationality: Portuguese

Short description: I think it is about a break-up. Also: "Saudade" cannot be accurately translated into English, but it means something along the lines of sadness and longing.

## WAS IST DEIN LIEBLINGSFACH?

**FOR HALLO AUS BERLIN**

Genre: German pop

Language: German

Nationality: German

Short description: They talk about their favourite subjects, go through the week and in the end, they conclude that (translated from German): "seven times in the week, too much homework."

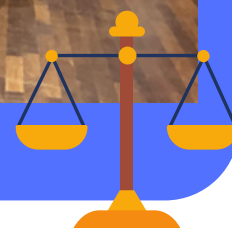
Playlist collated by:

Aila, Dario, Zero, Sadane, Mia, Roberta, Awura, Zak, Nic, Gordon and Emlyn.



# EUROPEAN YOUTH PARLIAMENT

By the end of the day, the students had great success in getting their resolution passed, effectively attacking a resolution, which then did not pass the vote and, most importantly, working effectively as a team and taking some time to enjoy themselves along the way too! One student said, 'I never thought much about being a politician or its importance, but today has made me realise that you can change things by talking them through.'







MS BOARD

# BFS SCIENCE



## YOUNG GREEN BRITON DRAGON'S DEN

This Thursday, each tutor group put forward their best business idea from their Young Green Briton project to present to a panel of industry experts in a Dragon's Den. We welcomed STEM Ambassadors Jo, Ann and Merlin to judge and feedback to teams on their projects, scoring against criteria including sustainability, budget and originality. Each team had prepared a five minute pitch to secure the votes of the Dragons, and they were met with some tough questions! The ideas shown included bird box projects, gardening and allotment areas, repurposing and recycling clothing, alternative energy and outlawing the humble plastic ketchup packet!



Each group presented with incredible professionalism, just like on the real show! We were all so impressed by the amount of time they have taken outside of school to prepare. Earlier in the week, Miss Corrigan gave us all some training on successful public speaking and it certainly proved useful, with all judges commenting on their skills. We will be collating the scores and announcing the five teams going through to the next round who will receive £100 each in funding for their idea. A huge well done to all the teams and congratulations on your maturity, support and respect of each other. Teamwork really does make the dream work!



## BADMINTON SCIENCE SHOW

This week, our very own year 12 scientists collaborated with year 10 and 12 Badminton School students to put on a spectacular show for year 7 and our visitors, Badocks Wood Primary School. There were magnets, bananas and liquid nitrogen, oh my! A smashing time was had with our volunteers freezing and smashing bananas, learning the physics of liquid Oxygen and Nitrogen and making some REALLY loud bangs!



It was our students first experience of performing to a crowd and they did so well! After only a days practice, their public speaking and Science communication skills were out of this world! A huge congratulations to Joseph, James, Cara, Eloise, Olivia, Noah, Sam, Georgia, Zainab, Natasha and Mobina and thank you to the Badminton team for giving up their time to work with us. We're looking forward to collaborating in the Summer!







# BFS DRAMA



## 'TUESDAY' PRODUCTION

A huge congratulations to the wonderful cast and crew of 'Tuesday' who performed to a full house at Bristol Old Vic on Wednesday evening as part of the National Theatre Connections project. They were praised throughout the day on their professionalism, both on and off stage, with one Old Vic staff member saying, "You've been more professional than most adult actors that I've worked with," immediately after our technical rehearsal.

We also had amazing feedback from the National Theatre Director who was impressed with their focus and ability to engage with the emotion of each character, and how they worked seamlessly as an ensemble, despite being a cast of over 50. The crew had the fantastic opportunity to run the technical aspects of the production, calling the cues and running the show.

The cast really gave it everything and delivered such a wonderful performance. I am so proud of you!





