

Dear parents, carers and students

APPRECIATION WEEK!

This week love and appreciation has been in the air at BFS. We have been encouraging our young people to send 'thank you' postcards to anyone in the BFS community who they want to thank or acknowledge. It has been lovely to see students give these cards to their teachers and fellow students. Practising gratitude is such an important part of learning to be happy in life. Too often in society we can be made to feel we are not enough in one way or another. It can be easy to have distorted thinking so building in time to think about what and who we are grateful for is part of challenging that way of thinking. It is also good to make others happy in life.



With this in mind I would like to send our parents and carers a big thank you card too. BFS is very fortunate to have such an engaged community, and this supports all the work we are doing every day.

ESU SPEAKING COMPETITION

On Wednesday evening two BFS teams competed against teams from Badminton, QEH, Collegiate and St Bede's in the regional ESU Speaking competition. I am delighted to share that Team A won and are through to the next regional heats to represent our region - well done to Emily, Mark and Ellie! Mr Harris has done an amazing job coaching both teams and he was the MC for the event... which he handled like a celebrity!



ENGLISH-SPEAKING UNION
discovering voices

HEAD TEACHER MID-YEAR UPDATE

On Tuesday 19 March 5.30-6.30pm I plan to run a virtual parent/carer update to share current news, unpick the parent/carer survey and outline our approach to Artificial Intelligence in education. A link will be sent out before the event for families to join and it will be recorded if anyone is unable to attend.

Finally Year 11 and Year 13 will need to spend their half term revising for the upcoming mocks. Please see the emails and links on our website.

Best wishes and enjoy the half term break.



MRS S KING

KEY DATES

- Monday 19 February - Y11 English Language and Business Studies Mocks, Y13 DT, RP, English, Further Maths, Politics and Biology Mocks
- Tuesday 20 February - Y11 English, French, German and Health and Social Care Mocks, Y13 History, French, Spanish, Physics, Economics and Computer Science
- Wednesday 21 February - Y11 Biology, DT and Food Mocks, Y13 Computer Science, Biology, English and Further Maths
- Thursday 22 February - U13 Boys Avon County Outdoor Hockey, Y11 Chemistry and Spanish Mocks, Y13 Sociology, Geography, Drama, Chemistry and Maths Mocks
- Friday 23 February - Y11 Maths, Computer Science and Drama Mocks, Y13 Psychology, Further Maths, Physics, French and Spanish Mocks

**CONGRATS TO
CANFORD HOUSE FOR
BEING TOP OF THE
HOUSE POINT
LEADERBOARD AT
THE END OF TERM 3!**

ATTENDANCE MATTERS

MEDICAL APPOINTMENTS

Where possible, please book medical appointments outside of school hours. If this is not possible, please email proof of the appointment (such as a text reminder) to admin@bristolfreeschool.org.uk with the time that you will collect your child and the time that they are expected to return to school. Students are expected to attend school as much as possible during the day of an appointment.



British Cycling will once again be looking for the next crop of talented track sprinters to take to the boards and continue the international success of British Olympic medallists Jason Kenny, Jack Carlin and Becky James.

The Talent ID Programme will be looking to identify young people with sprint potential born in 2009/2010 from across England with those successful going on to join British Cycling's Talent Development and Performance Pathways.

For More Info [Click Here](#)

If you are interested, please [apply here](#) before 23 February 2024

FOBFS



During our Addams Family Production, the Friends of Bristol Free School raised **£272.60** selling soft drinks and sweets.

The next FoBFS meeting is TUESDAY 20 FEBRUARY at 7.30pm in the Black Swan, Stoke Lane.

Please come along to offer help at next event or just to introduce yourself. We are a friendly bunch and will be in the back bar. So grab a friend to bring along and pop the date in your calendar. See you there!

Mel, FoBFS Chair

careers notices

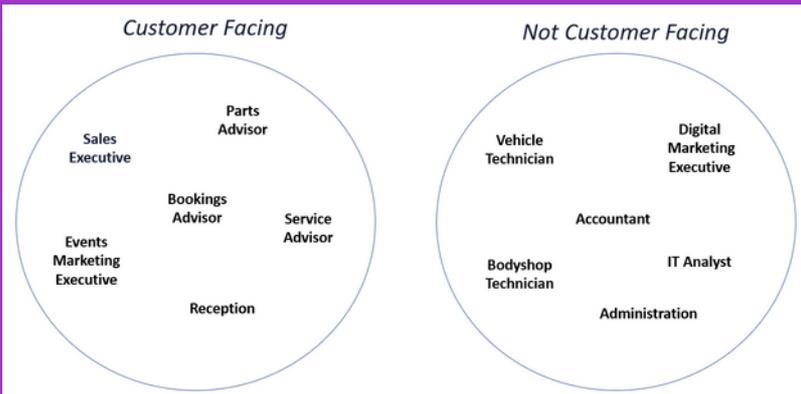


EMPLOYER TALKS

This morning, we welcomed Emma Newton from Dick Lovett to talk to our students about apprenticeships in the Automotive Industries.

Emma talked to the students about the Dick Lovett company, and their careers slogan; 'Grow with us'. She explained that there are 12 different departments within the company with a range of job roles that utilise all different skillsets and personalities.

Emma made a great point about choosing between customer facing and non-customer facing jobs, and that students should consider which they prefer when thinking about what career they want to pursue.



She outlined the different careers within the Automotive Industries that don't necessarily require an interest in cars, such as vehicle technician, IT, accounts and finance and aftersales.

Emma also talked about the apprenticeships that Dick Lovett offers and gave the students some helpful tips about writing their CVs and applying for apprenticeships. With this week being National Apprenticeship Week, it was great to hear from a local company about the opportunities available to students when they leave school and start thinking about their careers!



Badminton School Careers Fair

Saturday 9 March students from BEP schools (and their parents) are invited to Badminton's annual Careers Fair.

The event is tailored to pupils in year 9 and above and will feature a range of exhibitors from a variety of sectors and also higher education providers.

There will be a range of seminars to attend (including a bespoke talk for each year group) where attendees can gather insights into their future options.

For more information contact Liam Sapsford: L_Sapsford@badmintonschool.co.uk

BRISTOL
EDUCATION
PARTNERSHIP

NATIONAL APPRENTICESHIP WEEK HOUSE COMPETITION

Congratulations to Elsa in 8TG4 for her winning entry about the apprenticeship opportunities at Rolls Royce - 10 House Points will be awarded!

To get a better look, click the picture below:

Two A-levels (or equivalent) in any subject at a grade C or alternatively a BTEC Level 3 in any subject. Either way, you'll also need five GCSEs (or equivalent) including English Language and Maths at a Grade 4/C or above.

Apprenticeships are available to those leaving school or college with a traditional university course.

Rolls Royce Apprenticeships

As an apprenticeship, you are expected to perform administrative tasks as needed, create observation reports of daily operations, provide possible recommendations on improving productivity, and adhere to the business' safety standards and regulatory procedures.

With a full-time apprenticeship, you can expect to work around 30 hours per week, plus a day of study either at your workplace, university, college, or online. In a typical week, you'll spend four days at work and one at university, college, or a training provider.

Rolls Royce apprenticeships last for two years and each apprentice earns £14,000 per year. They give 37 places for apprenticeships at rolls royce.

For the 2023 intake, Apprenticeship places are currently available across the business, in departments and functions including Technical Assembly, Surface Finish (Paint), Interior Trim Centre, Interior Surface Centre, Quality, Sewing, Paint Maintenance, Planning, Sales, Business Quality Management, Systems and Bespoke Project Management.

Safer Internet Day

Tuesday 6 February 2024

ESAFETY ASSEMBLIES THIS WEEK

This week in assembly, we talked about Safer Internet Day, which is held every February in over 170 countries. The focus for this event is online safety for young people, and for 2024, the focus was on new technology, using the internet to make positive change and celebrating what the internet has done since its creation and popularisation.

DIGITAL FOOTPRINT

Students were taught about their digital footprint, which is made up on all of their social media activity, their online searches, their online purchases and any communication online. This is important because educators and employers can find out information about you easily, and a negative digital footprint can reflect badly on you.

There was a really useful video from the BBC about digital footprints and how what you post online can follow you in real life - [click here!](#)

PROS AND CONS

With technology developing quickly, the advancements have had both positive and negative affects on society.

POSITIVE

- Builds confidence
- Creates communities and connecting with others
- Hearing about important issues
- Gives insight into different lived experiences
- Being inspired to try something new!

NEGATIVE

- Pressure to always be online and connected
- Encouraging unhealthy habits and lifestyles
- Harmful and hurtful beliefs
- Bullying and harassment
- Unrealistic lifestyles and standards

FAKE NEWS AND DIGITAL LITERACY

Mr East talked about cases of fake news and how to determine whether something is reliable or not.

- ? QUESTION THE INFORMATION
- ? FACT CHECK IT
- ? WHO IS THE SOURCE?
- ? ARE THEY BACKED UP?
- ? ASK SOMEONE TO CHECK?



INTERNET SAFETY POSTER CONTEST!

Avon and Somerset Police are running a competition for a poster to showcase their theme and raise awareness of Internet Safety.

- The poster needs to relate to the following theme "Inspiring change and making a difference, managing influence, and navigating change online".
- Poster size can be from A6 to A3
- Once the poster is complete please email to: ISDposters@avonandsomerset.police.uk
- The end date for this competition is 4 March 2024

Avon and Somerset Police will showcase the top three posters on their Instagram account. The winning posters will also feature across Avon and Somerset to help spread the message of staying safe online. Good Luck!

Avon and Somerset Police
SERVE. PROTECT. RESPECT.



Miss Hastings

CHILDREN'S MENTAL HEALTH WEEK

MENTAL HEALTH RESOURCES FOR PARENTS AND STUDENTS!

Some brilliant tips from young people about how you can look after your mental health!

10 TIPS FOR LOOKING AFTER YOUR MENTAL HEALTH

Really useful videos about low mood, anxiety, exam stress, moving to university, peer pressure, anger, sleep, overthinking and negative thoughts.

MENTAL HEALTH SUPPORT VIDEOS

Advice for parents and carers from students about talking to your child about their mental health.

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

SINGLE SESSION CONSULTATION FOR AGES 16 - 25

Single sessions for young people to meet with a practitioner to develop an action plan to work towards goals and bring about positive change.

PARENT AND CARERS TALK AND WALK EVENT

A great local event at Greenway Centre for parents and carers to get to know each other on a walk through Badock's Wood!





MRS WYNNE-JONES

CROSS-COUNTRY CHAMPIONS!

These students were selected to represent Bristol in the Avon Schools Cross-Country Championships (as they all finished in the top 10 of their age category in the Bristol Schools Cross-Country Championships).

Iris in Y7 placed 4th. Just 3 seconds behind the runners who came joint second. Lilia in Y9 also placed 4th. Just 3 seconds behind the third placed runner.

- Bristol Minor girls (Y7) placed **1st** (Iris).
- Bristol Junior girls (Y8&9) placed **1st** (Lilia).
- Bristol Junior boys (Y8&9) placed **3rd** (Sid and Max) 3 points behind North Somerset who placed 2nd.
- Bristol Inter girls (Y10&11) placed **1st** (Ciara).

Congratulations all!



Success Continues!

U14 Girls played Cotham on Monday at Golden Hill. They played so well together, it was a fantastic game to watch. They beat Cotham 4-0 (scorers Lex, Rosie, Lex and Abi). The player of the match was Jess. Thank you also for the parent support at the game! The team really appreciated it. Well done Y8 and Y9!



PE

ANNOUNCEMENT

MISS SLATER

PE After February Half Term.

Due to Year 11 and 13 mocks, we will not have use of indoor space, so we will be hosting an 'options' unit in PE for Years 7-10 for the duration of the mock fortnight.

All students will be outside for their PE lessons and will have the option of:

- X-country
- Netball
- Touch rugby/football/frisbee (please bring boots and shin pads if you would like to play football)

Please make sure you bring appropriate layers for the weather and your navy blue PE kit.

Appropriate layers:

- long sleeve top under layers (any colour)
- Navy blue sports leggings or tracksuit bottoms (instead of shorts or skort)
- Hat
- Gloves
- Snood (not scarf)



Year 11 will also have PE during the core PE lessons on a Monday or Tuesday afternoon. Options will be provided based upon the number of students attending the lesson. Students must bring their PE kit if they are not in an exam.

U14 GIRLS HOCKEY



The U14 Hockey team travelled to Oasis Brightstowe on Tuesday for the U14 girl's hockey festival.

The girls braved the awful weather beating all three opponents RGS 4-0, Montpelier 2-0 and Oasis Brightstowe 3-0. The team played some fantastic hockey, moving the ball from one side of the pitch to the other. Indoor has certainly helped the team's ability to move the ball quickly and confidently. A special mention to Jemimah who stepped up from Y7 to play in goal. She made one fantastic save, other than that Jemimah did not touch the ball throughout the tournament! Well done to all the girls.

SPORTS LEADERS

Over the last 5 weeks the new intake of sports leaders in years 8 and 9 have been developing their skills and qualities needed to be a successful sports leader. All 10 students have been amazing throughout and have been a privilege to work with. Students will now be used over the next two terms to support with primary sports days and inter-house competitions. Well done all!



GIRLS RUGBY



Year 9 and 10 attended Oasis Brislington on Thursday for Bristol Free Schools first ever girls contact rugby fixture. We took 15 girls, who played 4 games against Ashton Park, Brislington A and B, and Trinity, winning 3 out of their 4 games. They demonstrated so much passion for the game and being a part of this was wonderful!! Some incredible play that can be seen on our Instagram highlights.

A huge shout out to Miss Giltrow for dedicating her time to the girls training this year and giving them the chance to represent.



MRS RAMANANDI

BFS COMPUTER SCIENCE

CREATIVE IMEDIA

Our Creative iMedia students in Year 10 and Year 9 are immersed in their NEA projects focused on visual identity and multimedia production. From designing stunning graphics to creating interactive websites, they're showcasing their creativity and technical prowess in digital media production.

YEAR 10

Students have been introduced to the world of Python programming language. They've been enthusiastically learning the fundamentals of programming, mastering syntax, loops, and functions as they embark on their coding journey.

YEAR 11

With the Mock 2 exams approaching, our Year 11 students have been busy revising key concepts and honing their programming skills. From algorithms to data structures, they're preparing diligently to excel in their assessments and lay a strong foundation for their future studies.

YEAR 12 AND 13

Our KS5 students have been diving deep into their NEA (Non-Exam Assessment) projects, exploring complex topics and applying their knowledge to real-world scenarios. From developing innovative software solutions to tackling challenging programming tasks, our students continue to impress with their creativity and technical expertise.



BFS COMPUTER SCIENCE

YEAR 7

Year 7 students are delving into the fascinating world of computer systems. They're learning about the components of a computer, the basics of hardware and software, and how data is processed and stored within a computer system.



YEAR 8

Students in Year 8 are taking their first steps into the world of Python programming language. They're discovering the power of coding through engaging activities and hands-on projects, laying the groundwork for future exploration in computer science.



BFS SEND

BOWLED OVER BY THE BRILLIANT BFS BOWLING TEAM!

A group of year 8 and year 9 students took part in the Panathalon Ten Pin Bowling competition with other schools from across Bristol. The event was a celebration of diversity and promoted access to sporting opportunities for all.

The students were an asset to the school, trying their best to get the highest score and improve their skills! The BFS Bowlers were all awarded a medal and certificate for their participation. A special mention to Josh, our star bowler from BFS with 96 points.

Thank you to Mrs Tucker and Mrs Winton for accompanying our talented team.



AMAZING





BFS ENGLISH

MISS SAYER

The first line is a crucial tool for writers, hooking their reader and immediately engaging them in the world of the text. This year, entrants to the RET Creative Writing competition were asked to choose from a selection of famous first lines and use it to begin their own short story, poem or essay. The English Department were inundated with fantastic entries and Miss McMurdo and Miss Sayer thoroughly enjoyed the wide selection of imaginative ideas.

KS3

Winner- Stevie Y9
Runner Up- Ollie Y7



KS4

Winner- Ellie Y10
Runner Up- Kate Y10



KS5

Winner- Lily Y12
Runner Up- Thomas Y12



Creative Writing Snippets



KS3 Winner - Stevie
Y9

All this happened, more or less
All of this my final test
All of this, all of this
Take the bet, make or miss
Throw the dart, hit your shot
Move your piece, beat the bot
Stakes are high, chances low
Win for frame, try not to throw

KS4 Winner - Ellie
Y10

I stare down at my shoes,
watching as a fine layer of ash
settles on the worn leather. A
single drop of saltwater splashes
the toe, mixing with the grime.
Another drop, and another. A
canal of misery rushes down my
cheeks. I raise my gaze to the
building before me. Or what
I to be one.



KS5 Winner - Lily
Y12

I found him in the garage,
On a Sunday afternoon.
A week after I turned 4 and 3/4.
Underneath the weed killer,
And next to the rusty lawnmower
A frail little bird.
A robin, with a proud red chest
A broken wing, a rapid heart beat
And painful, laboured breathing.
I named him Mr Feathers.



LRC NEWS

Congratulations to Polly in Year 8 for completing the Reading Bingo Challenge!

The Bingo Challenge is an optional reading challenge for pupils in years 7, 8 and 9 designed to encourage and guide pupils through a range of inspirational books. There are twelve books on a Bingo Challenge card and reading from the choices will allow pupils to develop their confidence and creativity. And, of course, chances to win prizes in the end of year draw. Polly has wowed us all with this accomplishment having finished her challenge card six months early.



Great Work Polly!

It's not too late to start the Bingo Challenge. Pupils can collect a card from the LRC and include some of the books they've been reading since September.



Parents and carers can join in too: why not read a book that has a one- word title?

Reading Bingo Challenge – Blue and Green		
<i>Because reading helps you to relax, unwind and boost your mood</i> A book from the Quick Read section	<i>Because reading helps you dream about your future</i> Read a book written by an AR balloon race class author	<i>Because reading improves your academic attainment</i> Read a book by either Michael Morpurgo, Garth Nix or Darren Shan
<i>Because reading helps your vocabulary grow</i> Read a book by Malorie Blackman or Meg Cabot	<i>Because reading helps you be a better communicator</i> A Graphic Novel	<i>Because reading is free entertainment</i> Read a book that has been made into a film
<i>Because reading helps your general knowledge</i> Read a book from a series	<i>Because reading encourages empathy</i> Free Choice – you choose	<i>Because reading helps improve sleep</i> A book from the 'Horrible' stand
<i>Because reading is brain exercise</i> Read a non-fiction book	<i>Because reading helps escape pressures of life</i> Read a book by Robin Stevens or Mal Peet	<i>Because reading helps improve concentration and focus</i> Read a book with a blue or green front cover

Recommended Read - We Were Liars by E. Lockhart

Who better to recommend something to read than Polly? Polly's recommendation is **'We Were Liars' by E. Lockhart**. Goodreads describes this novel as 'a modern, sophisticated suspense novel' and is about a group of four friends whose friendship takes a turn for the worst. If you like reading Karen McManus' 'One of us is Lying' series, or Holly Jackson's 'A good girl's guide to murder' series or Adam Silvera's 'They all die in the end' then this one could be your next great read.

Polly says: I particularly enjoyed this novel because it has an ending that was really unexpected. It's cleverly written and really hooks you into concentrating on the characters and their story. I read this book while on holiday which was great as it was un-put-downable and I was able to have time to dedicate to it.

Polly is currently reading Malorie Blackman's 'Checkmate', the third in the 'Noughts and Crosses' series and is looking forward to continuing this with the fourth, 'Crossfire'.

NEW

New stock!

Mrs Spear and Ms Griffiths have been shopping for books and the LRC now have an exciting new stock of sought-after stories. New titles include: the always asked for Alice Oseman's 'Heartstopper 5', Holly Jackson's hot sequels 'As Good as Dead' and 'Good Girl, Bad Blood'. And the much-demanded Sarah Driver's 'The Huntress' trilogy 'Sea', 'Sky', 'Storm'.

Adding to our 'Murder Most Unladylike' series we have 'First Class Murder', 'Cream Buns and Crime', 'Top Marks for Murder', and 'Mistletoe and Murder' and Stevens' 'The Guggenheim Mystery'.

From the Bristol Teen Book Awards' shortlist we have 'Activist' by Louisa Reid, 'Steady for this' by Nathanael Lessore and 'The Hunting of Tyrese Walker' by J.P. Rose and Emily Barr's 'This Summer's Secrets'.

And not to leave out Katie Kirby and her ominously titled 'Lottie Brooks's Totally Disastrous School Trip'.

These fabulous reads and more are available now with more texts expected soon.



BFS SCIENCE



MS BOARD

INTERNATIONAL DAY OF Women AND Girls IN SCIENCE

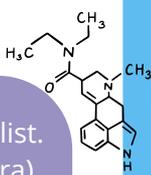
This weekend marks an important event on the scientific calendar and truly a day to celebrate! 11 February is marked as the International Day of Women and Girls in Science, implemented by UNESCO and UN Women to promote full and equal access to learning, participation and employment in science for women and girls.

Throughout history to the present day, there is a huge disparity in the number of women allowed to learn science in schools, participate in further science education and gain employment in the scientific community and academia. Not to speak of the huge gulf in the recognition of women in current and historical scientific discovery and innovation – women have been responsible for many more vital and groundbreaking discoveries than you know because they have been overshadowed and often deleted from history entirely.

We at BFS are super proud to support and encourage our female students to study STEM subjects and to really enjoy them! We strive to create a positive STEMInist mindset in all of our students and staff.

Below, our Science team have each written an entry about their favourite female scientists to inspire you!

One of my favourite scientists is Dr Clara Nellist. Dr Nellist is a particle physicist (@particleclara) working at CERN on the ATLAS experiment while also an assistant professor of physics at the University of Amsterdam. She also happens to be an amazing science communicator and advocate for diversity and inclusivity in STEM. She is passionate about making physics accessible for all and encouraging people to ask any and all questions – Science should be for everyone!



OUR BFS STEMINISTS



MISS HAWES



MS SHEEHAN



MISS KELLY



DR GREGSON



MS BOARD

I would also like to celebrate the brilliant women of our Science Department here at BFS! Miss Kelly, Dr Gregson, Ms Sheehan and Miss Hawes are all incredible role models and super STEMInists. They are inspiring in their positivity, enthusiasm and encouragement towards our students, totally embodying girl power!



MR HAMILTON

“ Professor Jane Memmott was a lecturer at Bristol University when I was a student, who inspired me and many others with her research into conservation. She has gone on to lead the School of Biological Sciences, become a trustee of Avon Wildlife Trust and more recently become the President of the British Ecological Society. ”





BFS SCIENCE



MR MILSTEAD

“ Katherine Johnson ignored racial and gender barriers to establish herself in an all-male flight research team at NASA. She was assertive enough to ensure she wasn't seen as a “computer who wore a skirt” in NASA's mathematics pool. When faced with prejudice, she simply told people she had done the work before and she belonged. She was part of the team that calculated the trajectory for the first moon landing and played a pivotal role in getting the stranded Apollo 13 astronauts home. ”



MR GILES

“ Janaki Ammal was an Indian botanist who worked on plant breeding, cytogenetics and phytogeography. Her most notable work involved studies on sugarcane and the eggplant. She also worked on the cytogenetics of a range of plants and co-authored the Chromosome Atlas of Cultivated Plants (1945) with C.D. Darlington. She took an interest in ethnobotany and plants of medicinal and economic value from the rain forests of Kerala, India. She was awarded Padma Shri by the then prime minister of India in 1977. ”



MISS HAWES

“ The least I can do is speak out for those who cannot speak for themselves.” - Jane Goodall
One of my favourite scientists is Jane Goodall. In July 1960, at just 27, she left England and went to Tanzania to study chimpanzees. She spent the next 60 years studying chimpanzees and taught the world that chimpanzees use tools, have social groups and emotions. Today, at age 89, she still travels the world to educate people on these primates and conservation. She has also set up the Jane Goodall Institute, a charity dedicated to conservation. She has been immortalised in a 'google doodle' in 2018. In my opinion, she should be more of a household name than Sir David Attenborough! ”



MR LALLY

“ Anne L'Huillier is the 2023 joint winner of the Nobel prize in physics for work on electron dynamics in matter. In 2003 she and her group beat the record for the shortest laser pulse at 170 attoseconds*. Her work laid the foundation for the field of "attochemistry" which examines chemical reactions on the atomic scale. ”

*1 attosecond is to 1 second what 1 second is to 31 billion years!

