

Newsletter



Saint David's Day

Dear Parents, Carers and Students

HEAD TEACHER MESSAGE

I would like to praise our Year 11 and Year 13 students who have been very focused over the last two weeks on their mock 2 exams. The teacher feedback from these mocks is a very important guide before the real exams in May. Well done Year 11 and Year 13 and I hope you have a well-deserved break over the weekend.

WELL DONE!

I wanted to do a shout-out for Ms Norton who is our Careers Leader at BFS and praise the excellent programme of Careers Talks she has organised for students in Y9 and above. These talks take place every Friday between 8.30am to 9.00am and are a great way for students to learn more about the world of work and different career pathways. Student attendance has been very high and feedback from students is very positive. Thank you, Ms Norton, and to all the employers who have given up time to present to BFS students.



MS NORTON
CAREERS LEAD

I was interested to read the results of a BBC Teen survey this week that ranked the most desirable jobs for teenagers 2024. It is very encouraging that so many of those teenagers surveyed wanted to pursue careers that were providing a service or were about helping others. I was delighted to see teaching being ranked so highly too.

Rank	Careers
1	Doctor
2	Engineer
3	Teacher
4	Lawyer
5	Nurse
6	Vet
7	Footballer
8	Artist (new)
9	Police officer
10	Building trade (new)

Look out for a letter next week launching our new BFS Fund, allowing parents/carers to make voluntary contributions to the school. This is a new initiative responding to the pressure on school budgets and many requests from parents/carers to donate to BFS in a meaningful way. There is no expectation, but it would be greatly appreciated if you can afford to donate.

Thank you to all our parents/carers for the support you give to our school community in so many ways. I hope you enjoy this week's newsletter.



MRS S KING

Bristol Parent/Carer Forum

SEND Coffee Morning Event

Tuesday 12 March 2024 (9:00am–10:30am)

This event is for Parents/Carers of all students within the Bristol Free School Community. The Forum is an opportunity for Parents / Carers to meet with other families and school staff to find out about support available locally.

Mrs Jenkins (SENDSCO) and Mrs Cook (Assistant SENDSCO) will also be available to answer questions relating to support in school.

Please confirm your attendance by completing this [form](#) by Friday 8 March 2024. Teas and coffees will be provided. Spaces are limited and will be allocated on a first come, first served basis.

We look forward to hearing from you.
SEND | Inclusion.



KEY DATES

National Careers Week 4-11 March 2024!

- Monday 4 March
Flying Start Challenge @ UWE (4xY8 Students)
- Tuesday 5 March
House Bake Sale
- Wednesday 6 March
Ski Trip Information Evening for Parents (5.30pm-6.30pm) Drama Hall
- Thursday 7 March
World Book Day
- Friday 8 March
Y12 Computer Science BT Careers Event
International Women's Day
- Tuesday 12 March
SEND Coffee Morning Event (9:00am-10:30am)



ATTENDANCE MATTERS: MINOR ILLNESS

The Chief Medical Officer, Professor Chris Whitty, has issued the following advice for minor illness and school attendance:

"It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above."

If you need further guidance about illness and attendance, please follow this link to the NHS advice: [NHS 'Is my child too ill for school?' guidance](#)



COMMUNITY



AMBITION



OPPORTUNITY



BLAISE

BLAISE BAKE SALE

Please deliver your bakes to the Sixth Form Common Room (DG14) during tutor time on Tuesday morning (containers labelled with name, house and tutor group).

Bakes will be sold outside the Sports Hall on Tuesday lunchtime – so please bring cash along if you want to buy something. All money goes to Blaise's chosen charity, The Grand Appeal.

It will be cash only – so bring your coins on Tuesday.

Containers can then be collected from the Sixth Form Common Room at the end of day. Happy baking!
This is organised by Blaise student leaders - but anyone can bake or buy – you don't have to be in Blaise.



careers notices



MS NORTON
CAREERS LEAD

EMPLOYER TALKS

This morning we welcomed Laurence Ross from the NHS who talked to students about the huge range of careers available in the NHS from those that are more well known such as doctors and nurses, to the lesser-known roles including scientists, engineers, care support workers and IT specialists.

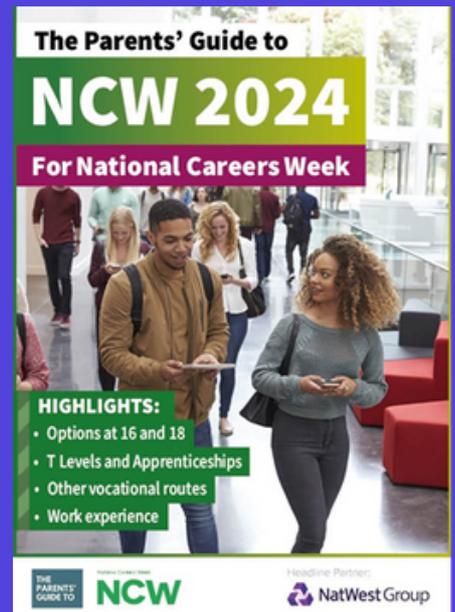
Laurence explained the variety of pathways available to get into roles in health and social care including through the traditional academic routes, as well as through apprenticeships. He told students about apprenticeships in a variety of roles including nursing and midwifery and gave advice to students about where to find the roles and how to apply.

What I found most interesting is that it is possible to move through a series of health and social care roles within a career. For example after completing a degree in nursing, it is possible to move on to a relatively new apprenticeship which makes it possible to train as a doctor.

He encouraged students to think less about choosing one specific career, but being open to consider how their career might move from one role to another in the NHS throughout their life.

National Careers Week 4-11 March 2024!

Download your free copy of The Parents' Guide to National Careers Week, created in partnership with National Careers Week, outlining all vocational options after GCSE and sixth form/college - [you can download your copy here.](#)



NHS
England





MISS URCH

BFS SPORTS



Written by Billy J 8TG1, Leo B 8TG4 and Sam W 8TG3



The U13 boys hockey team travelled to Monkton Prep School in Bath on Thursday excited to take on a number of independent schools of Bristol and Bath.

We started our first game against Clifton High full of nerves, but we started well, and Billy got an early goal putting us in the driving seat. Clifton however, quickly reacted with two goals which left a nervy last few minutes. With seconds to go, Rory scored a screamer, ending game one 2-2. A great start!

The next game came and went in a flash vs Beechen Cliff, and we had most of the possession, another fantastic team goal scored by Rory from an aerial ball from Billy allowing us to have our first win of the day. Next up was Collegiate and this was a very tight game, but one we should have won! Andrew scored an epic goal to put us ahead, but Collegiate gained a short corner with seconds to go in the game. Unfortunately for us they scored, which meant we just missed out on the semi-finals! However, we played the team that came third in their group, Prior Park and outplayed them from the start. Another amazing team goal saw Rory get his name on the score sheet, when the final whistle blew, we were so happy to have come away with 2 wins, 2 draws and one loss to Kingswood School Bath, who were overall runners up on the day.

Well done to everyone, bit of a special mention to our goalkeeper Lewis who with very little hockey experience made some incredible saves throughout the tournament.

Squad: Billy J, Sam W, Rory H, Cole H, Andrew B, Lewis A, Ethan H, Seth M and Leo B



Y10 and Y11 battled traffic across Bristol to face Oasis Brislington in an U16 football match. They demonstrated fantastic teamwork and sportsmanship, representing BFS with pride. They beat OABris 4-0 with goals from Teagan, Polly, Grace and Molly. Teagan was nominated as POM by the opposition- well deserved! Well done all!



Friday 23 February, Idan S 8TG7 took part in the international judo tournament Samobor Cup in Croatia, in the under 14, -42kg category. Not only did Idan give 100% he also claimed the gold medal!



BFS ENGLISH



MR HARRIS

On Friday 23 February Darren Jones MP took time out of his busy schedule to come and work with some of our students to prepare for the next round of the ESU- Churchill Public Speaking Contest. As always, he brought a great deal of expertise and students really made the most of him to help refine our public speaking. All present were a credit to the school, asking mature and perceptive questions and using his advice to boost their skills. We wish them all the best in the next round of the competition!



Report by Ellie J 10TG4:



Last Friday, we were invited to a coaching session with Darren Jones, the Labour MP for Bristol North West in preparation for the South West Regional Final. It was a helpful session where we asked him how we could adjust our tone, pitch and body language to come across as being more confident. He gave us some pointers to avoid using filler words such as 'um' and he explained how to question someone using closed and open-ended questions to further reveal a topic. He reviewed the questions we planned to ask the speaker in the preparation time allotted in the competition and helped us consider how we can best use this time to our advantage. A huge thanks to Darren Jones for your time - it was so interesting for you to answer our questions and will give us such an advantage in the next round.

We would like to thank Mrs Conway and the Site team for making these events possible and Mr Harris for coaching us and supporting us to improve our public speaking skill





ESU-Churchill Public Speaking Competition

In February, Bristol Free School hosted the Bristol and Bath branch final of the English-Speaking Union's Public Speaking Competition. With teams from St Bede's, Badminton, Collegiate, and QEH, we found it absolutely fascinating to hear the in-depth speeches from schools around Bristol, ranging from a review of the change caused by the #MeToo movement to how fiction can teach us more than life itself.

Both our teams did fantastically. For Team A, Emily gave a thought-provoking speech about how the foster care system is broken and ideas to fix it. Then Mark and Ellie, respectively, chaired and questioned another team's speech about the negative societal implications of undervaluing introverts. Ellie's questions cleverly probed into a large variety of areas and Mark gave a phenomenal concluding summary that reiterated the core points and how they were justified.



From BFS Team B, Jessica gave a speech deeply delving into the morals and implications of book banning on our subconscious. Rina then questioned a speech very relevant today on how universities should treat free speech, responding with some smart and intuitive questions pulling apart the topic. Zara opened and concluded the speech excellently, emphasising the key points and their arguments to the audience.

Both teams spoke eloquently and with enthusiasm and intelligence. We have all gained some truly helpful public speaking skills through this. Mr Harris was a brilliant MC throughout, demonstrating to us how public speaking skills can be useful in our futures. After much deliberation from the judges, we learnt that Emily had won the Best Speaker of this round due to her wonderfully worded, impactful speech and that BFS Team A had made it through to the southwest regional final. Good luck team!



BFS COOKS



MRS CORRIGAN

Year 10 had an assessed practical this week. This was based on nutrition for different life stages. Having been given a life stage (eg young children, adults, the elderly) the students researched their own recipe. Here are photos of the outcomes of this. They all did a fantastic job - testing new skills including making pasta, breads, sauces, marinades, burgers and ensuring the nutrition included in their recipes was appropriate. Brilliant focus throughout by everyone - well done all



Chloe G



Kassie D



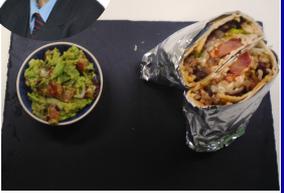
Ava S



Samuel A



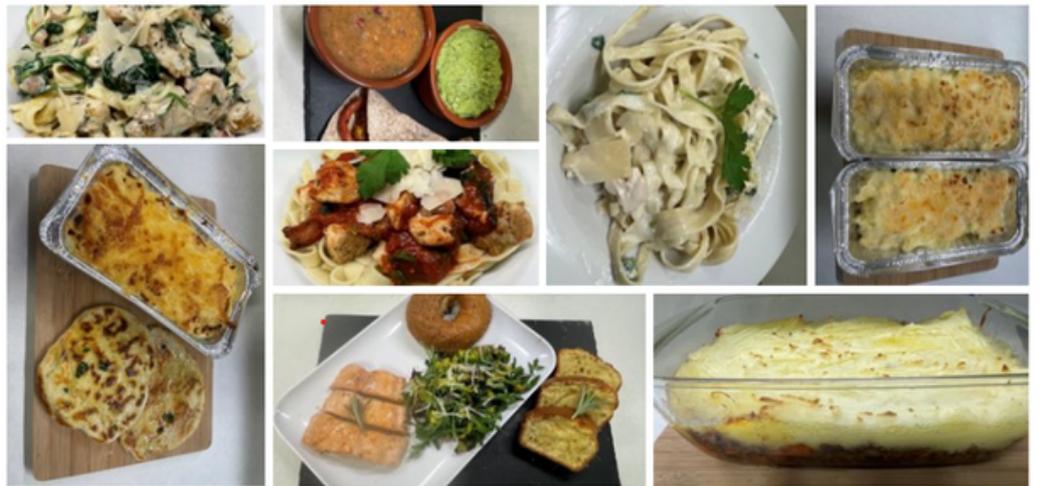
Sofie M

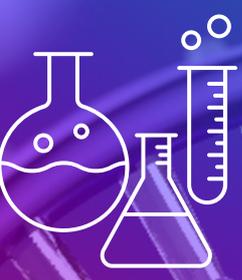


More Creations from Miss Evans' Class



MISS EVANS





BFS SCIENCE



MISS HAWES

Young Science Writer of the Year Award 2024 | Association of British Science Writers (absw.org.uk)

Who and what?

The Association of British Science Writers invites students from non-selective state funded schools, or those who are home schooled with disabilities and who cannot attend school in person, aged 14-16 years, to submit an 800-word essay on any subject in science, technology, engineering and/or mathematics.

This competition is open to students nationally in England, Northern Ireland, Scotland and Wales.

This competition is designed to get young people writing and thinking about the big questions in science, technology, engineering and maths, with a focus on how science impacts on policymaking and society.

Criteria for Entry:

1. You must be aged 14-16 years old;
2. You MUST be attending a state funded AND non-selective school in the UK.

Award Categories

In 2024 we are introducing five award categories to which you can align your essay to:

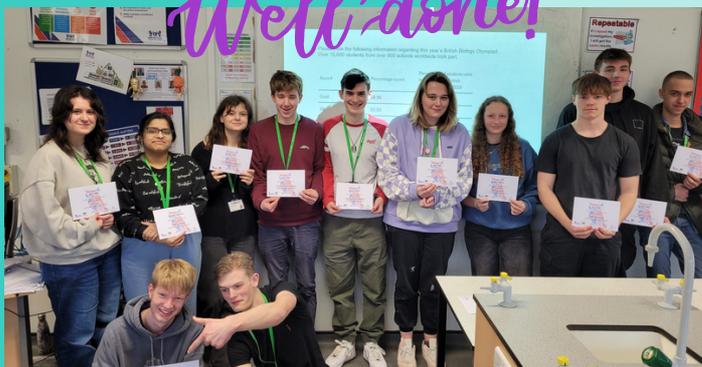
- Climate & Environment
- AI & Technology
- Engineering the Future
- Healthcare & Life Science
- Maths & Physical Sciences



Entries open from Monday 29 January. We have just extended our deadline until Monday 18 March at 5pm

For a chance to win £1000 from ABSW and other cool things!

If you're interested or need help with your essay, please speak to Miss Hawes in CF19



Biology Olympiad



Year 13 A-level Biology students sat the Biology Olympiad and achieved some fantastic results. The Biology Olympiad is a prestigious competition with over 15000 students and over 900 schools taking part. Eloise had a gold award, which put her in the top 5% of all competitors! Ben, Connor and Olivia all had a silver award. Evie achieved a bronze award and many others were highly commended or commended. A huge congratulations to everyone involved!

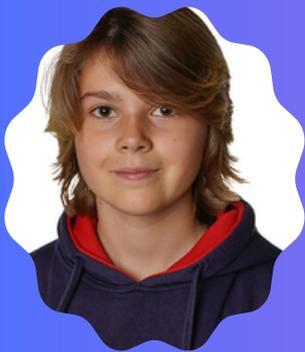
Bristol City Youth Elections

Last term, the Bristol Youth Council ran elections across schools and youth groups in the area. I am very pleased to announce that Maeve O and Matilda C were elected from BFS to join the council! A total of 8,956 were made and so our students needed to command wide support across the city based on thier manifesto and campaign video.



MR SMITH

Here is a message from Matilda C:



Hello, I'm Matilda

I'm a member of the Bristol City Youth Council. We run campaigns which hope to improve the wellbeing of young people all over Bristol. These campaigns are presented to Bristol City Council and schools in the Bristol area. Our main campaign this year is knife crime and the safety of young people but past campaigns have ranged from the mental and physical health of Bristol's youth to the inequality of minorities around Bristol.

We have two meetings a month, a formal meeting and a campaign meeting. Campaign meetings are open to anyone who is interested.

If you want to know more about BCYC, you can come talk to me.



New in office:
Maeve O

[CLICK BELOW FOR MORE INFO:](#)



Bristol City Youth Council and Youth Mayors

Find out who the Bristol City Youth Council are, and what they do. Bristol City Youth Council The Bristol City Youth...

 Bristol City Council

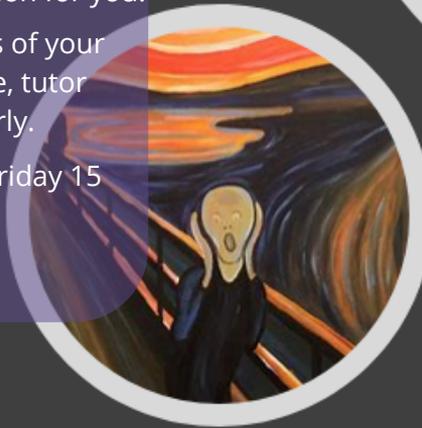
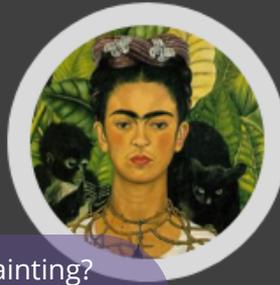
BFS ART COMPETITION

Artist Copy Art Competition.

Do you have a favourite artist or a favourite painting?
Are you feeling creative? Yes, then this is the competition for you.

We would like you to make a copy, in any art materials of your choice, of an artist's work that you like. Pop your name, tutor group and the artist you have copied on the back clearly.

- Get your entries into The Art Department before Friday 15 March.
- We will announce the winner in the newsletter.
- House points for all students who enter.



Foodbank Donations



Message From Molly A (10TG1), Pani H (10TG7) & Mylo D (10TG2):

We are collecting donations for the North Bristol & South Gloucestershire Foodbank from Monday 4 March to Thursday 7 March! Now is a great time to come together and help the local community. The Foodbank would welcome the following donations if you are able:

- UHT milk
- Tinned potatoes
- Sponge puddings
- Coffee
- Small Easter eggs
- Deodorant
- Washing up liquid
- Washing powder
- Any other shelf-stable products



If you would like to contribute, please bring your donation to your tutor class!

LRC NEWS



MISS GRIFFITHS

BFS Reading Champions

Last Thursday 22 February our team of omnivorous readers stormed the national Reading Champions quiz held by the National Literacy Trust. Fifteen schools competed in this heat of this nationwide contest and our amazing team of readers delivered us an admirable third place and we are extremely proud of them. Over two and a half hours they answered 75 questions about books and authors, even scoring 100% in one of the rounds. While our Reading Champions journey is over for this year, we already have plans for victory next year.

Could you be a Reading Champion?

The team answered questions about a vast range of children's and young adult literature including: Which award winning picture book has sold more copies? The Very Hungry Caterpillar or Where The Wild Things Are? Is it true or false that former Children's Laureate Lauren Child was succeeded by an author who was also her childhood schoolfriend?



Henry, Esther, Bella, Issy, Mairead, Miranda, Chloe, Mary and Alice – our Reading Champions!

Recommended read

Our Year 7 Reading Champion Henry has a recommendation for our reading this week. During the video round of the quiz, Henry successfully answered a question naming the first novel in the Lockwood & Co series. Henry says: 'The best thing about Lockwood & Co is that it is both very funny and very frightening. Jonathan Stroud is brilliant at keeping the suspense going. It's a story about terrifying ghostly apparitions who are taking over the country and the team of ghost hunters who are trying to rid the country of them. The series is full of action, adventure, horror and laughs.'

World Book Day

Next week sees the celebration of World Book Day and we are excited to welcome local bookseller Max Minerva's to the LRC. Come in and purchase a book from their pop-up shop. There will also be a selection of the World Book Day £1 books which can be claimed with a voucher available from the school. Max Minerva's will be in the LRC next Wednesday 6 March.



New additions to the LRC this week are:

- Holly Jackson's Kill Joy
- Marcus Zusak's The Book Thief
- Malorie Blackman's Crossfire
- Sue Townsend's The Secret Diary of Adrian Mole and the sequels The Growing Pains of Adrian Mole, and Adrian Mole and the Weapons of Mass Destruction.
- From Sarah Shepard's Pretty Little Liars series we have replaced and added Killer, Burned and Vicious.
- Karen McManus, The Cousins.



WORLD BOOK DAY
7 MARCH 2024

£1 BOOK TOKEN
Changing lives through a love of books and reading

SWAP YOUR £1 TOKEN AT BOOKSHOP

CHOOSE YOUR £1 BOOK FOR FREE

World Book Day is a charity sponsored by NATIONAL BOOK tokens

The Doomsday Date is for teen readers
VALID FROM 15 FEBRUARY - 31 MARCH 2024

9 930430 141008



MISS JONES

BFS GEOGRAPHY



Competition time!

Design your own sustainable city. This could be a model or a diagram – be creative!

However, you must consider the following:

- People eg accommodation & transport
- Economy eg jobs
- Environment eg green spaces, renewable energy



1st place 10 house points and your city shared in the newsletter.

2nd Place 5 house points.

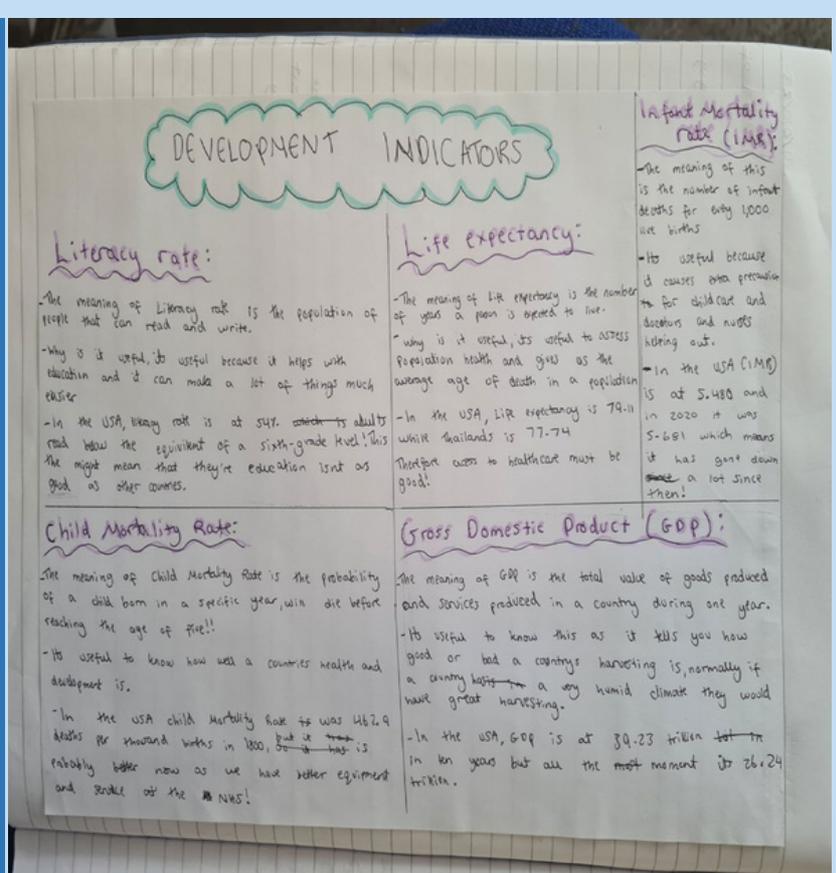
3rd Place 5 house points.

Each entry receives one house point.

Year 8

Our Year 8 students have been learning about sustainability and population growth this term.

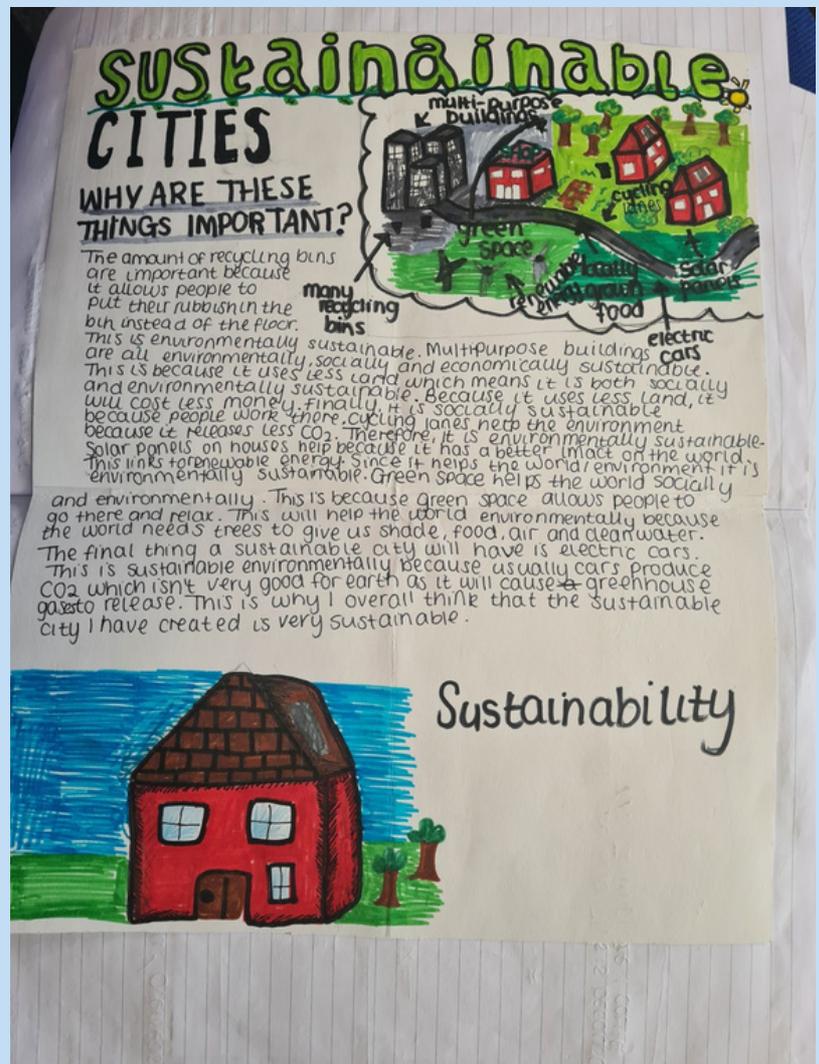
Students have developed their knowledge about sustainable cities in the Middle East and how growing populations have resulted in the need for alternative, sustainable energy sources.



Year 9

Our Year 9 students have been learning about international development and the different factors that affect quality of life around the globe.

Students have developed their understanding of the human and physical factors that help and hinder development in Southeast Asia.



“this morning, he had a stomach Ache... but look at him now!”

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government

Search NHS school illness guidance to find out more.



Volunteers Needed

GET INVOLVED!



We need your skills!
The Friends of Old Sneed Park Nature Reserve are always in need of voluntary help with:

- Habitat management
- Events
- Fund raising
- Committee work

- muck in at monthly working parties managing Local Nature Reserve habitat
- share your passion for nature through our events
- help us apply for funding for large scale projects
- have your voice heard by taking on a committee role



Get In Touch!

Message us on facebook
[@OldSneedParkNatureReserve](https://www.facebook.com/OldSneedParkNatureReserve)

or email us at:
FOSPNR@gmail.com

oldsneedparknaturereserve.org

Mindfulness for Parents of SEND Children



Pause Soften Connect Be

A Mindfulness Course for parents and carers, which looks at how you deal with the stress and worry which comes from being in the role of a parent or carer of a child with additional needs.

This ten-week course allows parents to notice how you habitually react when under stress and how practising mindfulness techniques can help you to regulate your emotions more effectively, including becoming more resilient during stress. Therefore, you will become more able to pause, soften, connect with your breath and be in the moment with whatever difficulty that may be here. And then to respond more calmly and appropriately.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, it's the parents' own stress and suffering, that is the primary focus of the training rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports you to:

- Reduce stress
 - Reduce harmful intergenerational patterns of stressed-out parenting
- Improve emotional regulation
- Improve family communication and relationships

Online Mindfulness for Parents of SEND Children:

Day: Fridays 9.30 am - 12 noon

Dates: 3rd May - 12th July 2024 (Term time only) Via: Online Zoom

Cost: FREE

Book: Call Claire-Louise on 07949399633

Contact: mpcp.bristol@gmail.com

Website: <https://www.mpcp.info>

