



Dear Parents, Carers and Students

HEAD TEACHER MESSAGE

Over the last two weeks I have been encouraging BFS teachers to invite me and senior team into lessons to 'catch students being good'. It has been a wonderful opportunity to ask their teacher in front of the class how well students are doing. I have sampled Y13 History, Y12 PE, DT, Food, lots of English, Maths and Science lessons. It has been great and we will continue this focus for the next two weeks of this term.



Praise and acknowledgment of effort is such an important part of our role as educators. Getting the balance right is important and we have been using these tips to make praise meaningful and authentic.

This Sunday 17 March our winning BFS Y10 team will be going to the regional final of the English Speaking Union competition. Darren Jones MP will be opening the event and is one of our many supporters. We send them our best wishes and we will update you next week on how they do.



On Wednesday 13 March the students who have been involved in the Bristol Education Partnership Young Leaders programme went to Clifton College alongside other schools across Bristol to complete the programme. It was a fantastic day and our students were very positive about the skills they have developed. Thank you to all staff who supported this event.



Finally, I am delighted to share that our Year 9 boys rugby team won the Bristol Sevens competition this week and have returned with a lovely trophy. A big thank you to Mr Tolman who has been their coach. We are very proud of them!



MR TOLMAN



Enjoy your weekend and wishing our Muslim families a peaceful Ramadan.



MRS S KING

HT Virtual Update Tuesday 19 March - 5.00pm

We invite all parents/carers to the next HT Virtual Update on Tuesday 19 March at 5.00pm.

We will be sharing updates on Safeguarding, the BFS Promise, Parent Survey, Reports & End of Year Exams and news on Sports facilities and Sports Day 2024. The Link will be sent via ParentPay



RAMADAN MUBARAK

Ramadan Monday 11 March marks a special time of reflection, community, and faith for millions of Muslims around the world, including those in the United Kingdom and at Bristol Free School.



This ninth month of the Islamic lunar calendar is dedicated to fasting, prayer, and acts of charity, as prescribed in the Quran. It commemorates the month in which the Quran was first revealed to the Prophet Muhammad, making it one of the most sacred periods in the Islamic faith.

Fasting from dawn until sunset is one of the Five Pillars of Islam and is observed by adult Muslims. The fast includes abstaining from eating, drinking, smoking, and sinful behaviour. Ramadan is also a time for increased prayer and devotion. Muslims are encouraged to read the Quran, perform extra prayers and engage in acts of charity and kindness. It's a period for spiritual growth, self-discipline, and reflection on the blessings of life.



For Muslims in the United Kingdom, Ramadan offers a unique opportunity to celebrate their faith while sharing the values of patience, perseverance, and generosity with their local communities. Schools across the UK play a vital role in fostering understanding and inclusivity during this holy month. By acknowledging and supporting Muslim students and staff in their observance of Ramadan, schools can enhance mutual respect and cohesion within their diverse communities.

As we welcome Ramadan, let's embrace this time of spiritual renewal and communal harmony. It's an opportunity for all of us, regardless of faith, to reflect on the universal values of empathy, charity, and the importance of community support.

We wish everyone a peaceful and blessed Ramadan and to the students and staff who will be fasting.



KEY DATES

- **Sunday 17 March:**
ESU Speaking Union Next Round (2.00pm-5.00pm)
- **Monday 18 March:**
UWE Access to Med/Health Care selected Y12s (11.00am-12noon)
- **Tuesday 19 March:**
HT Virtual Parent Update (5.00pm-6.00pm)
- **Wednesday 20 March:**
Rosslyn Park Rugby Sevens Y11 (6.00am-8.00pm)
Dragon's Den (3.00pm-4.30pm)
- **Thursday 21 March:**
UCAS & Careers for Parent/Carers Virtual (5.00pm)
Starter for Ten @ BOV (matinee)
- **Friday 22 March:**
FoBFS Bingo Night (6.30pm-9.00pm)
- **Saturday 23 March:**
DofE Training Day

ATTENDANCE MATTERS: HOLIDAYS



Holidays in term time are highly discouraged and are likely to result in a penalty notice, (£60 per child, per parent) or prosecution (up to £2500 and/or 3 months imprisonment).

Please do not book holidays during term time.

UPCOMING FIXTURES

Monday 18 March	Girls Football U14 and U16 Glos Cup	RGS
Monday 18 March	Y9 Netball Semi Final	Backwell School
Tuesday 19 March	U16 Girls Quarter Final	Orchard School
Wednesday 20 March	Year 9 Boys Football	Redland Green School
Friday 22 March	Year 9 and Year 10 Girls Rugby	Oasis Academy Brislington

Crossbar Challenge - Lunchtime Friday 22 March



All abilities welcome! We have brand new goal posts, bought for this competition! If you attempt the challenge, you will receive a house point.

Those who hit the crossbar will face off in a 'killer' round. The distance is increased each time to decide who comes in 1st, 2nd and 3rd place. 1st, 2nd and 3rd place will receive Easter eggs!

Just Giving

Thank you to everyone who donated to our newly launched BFS Fund last week. We heard some reports that the page didn't always load. We have now fixed this with Just Giving and are sorry if you experienced any difficulties.

To make life easier, we will be adding a donation button to our website and if you scan this QR code it will take you directly to our Just Giving donation checkout. We hope you find this easier and thanks again for your amazing support.



Admissions

In line with the School Admissions Code, we must notify you that the School's Admissions Arrangements for 2025-26 have been determined and are now published on our website. Quick links are here:

- [BFS Determined Admissions Policy Year 7 2025.pdf](https://bristolfreeschool.org.uk)
(bristolfreeschool.org.uk)
- [BFS Determined Sixth Form Admissions Policy 2025.pdf](https://bristolfreeschool.org.uk)
(bristolfreeschool.org.uk)

We are HIRING

SEMH HLTA

COVER SUPERVISOR

**TEACHER OF
MATHEMATICS**

**HEAD OF RELIGION
& PHILOSOPHY**

MALE PE TEACHER

8-17 March
British
Science
Week
2024

BFS SCIENCE



MS BOARD

BRITISH SCIENCE WEEK 2024

The best week of the year is here! British Science Week runs from 8 - 17 March and we at BFS are celebrating!

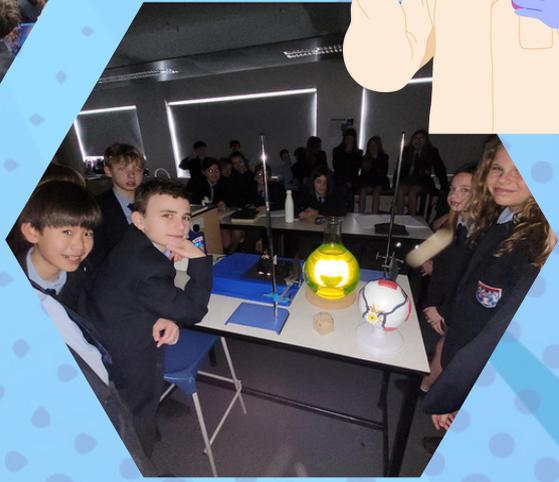
We have been doing so many fun practical lessons this week involving heart dissections with Year 9. Year 8 were blowing up balloons with yeast. We made time for a few of Ms Board's favourite demonstrations, a fluorescein filled giant model eyeball with Year 7 and transformers and the National Grid with our Sixth Form.

Mr Hamilton led some riveting assemblies on the history of the mobile phone fitting this year's theme of 'time'.



Be sure to enter the official poster competition for Years 7, 8 and 9 or have a look at the other exciting opportunities for KS4 and beyond.

Here's to another year of exploration, experimentation and fun at BFS!





BFS SCIENCE



MISS HAWES

8-17 March

British
Science
Week
2024

KS3 Poster Competition!

- Are you in Years 7, 8 or 9 and LOVE Science?
- Are you creative and artistic?
- Are you good at communicating information in a fun and original way?
 - If so, you should enter the British Science Week Poster Competition!

The theme for this year is Time! You could choose to make your poster about how technology has changed over time, present your favourite scientific discovery from history or even predict where science will go in the future!

The rules – boring but necessary!

- Entries must be on A3 or A4 paper
 - You can enter individually or as a team
 - Entries must be your original work, no templates or copies allowed
 - Have fun!
 - Send your entries to Ms Board in CF15 on or before Monday 25 March
 - House points will be awarded for all entrants
- Good luck! All details from the British Science Association can be found [here](#)



There are loads of other fun competitions to get involved in. Take a look at these below and let us know which you are interested in, we'd love to see your entries!

Years 10 and 11

Young science writer of the year award: [Young Science Writer of the Year Award 2024](#) | [Association of British Science Writers \(absw.org.uk\)](#)

MiSCA 2024: [MiSAC - Promoting microbiology in schools since 1969](#)

The RCSU Science Challenge [The RCSU Science Challenge](#) | [Faculty of Natural Sciences](#) | [Imperial College London](#)

The Cambridge Biology Challenge: [Cambridge Biology Challenge](#)

Years 12 and 13

Peterhouse Kelvin Biological Sciences Essay Competition [Peterhouse Kelvin Biological Sciences Essay Competition](#) | [Peterhouse \(cam.ac.uk\)](#)

The RCSU Science Challenge [The RCSU Science Challenge](#) | [Faculty of Natural Sciences](#) | [Imperial College London](#)

Unsung Heroes of Science video competition [Unsung Heroes of Science 2024 - Hertford College](#) | [University of Oxford](#)

All year groups

BioAttack 2d and the Nancy Rothwell Award [Nancy Rothwell Award \(rsb.org.uk\)](#) (closes 30th June)

2024 Royal Society of Biology photography competition (opens 14th March) [Photography competition \(rsb.org.uk\)](#)

Special species game: [The Special Species Game](#) | [The Linnean Society](#)



BFS COOKS



This week, Year 8 students showcased their culinary skills by selecting and cooking dishes of their choice. From flavourful pasta dishes to mouthwatering chicken wings, our young chefs demonstrated exceptional teamwork and culinary artistry. Well done everyone!



DELICIOUS



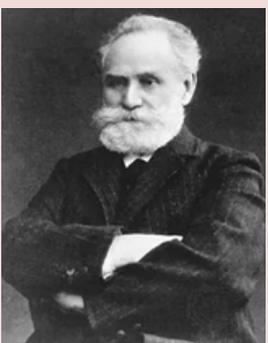
PSYCHOLOGY COMPETITION



MISS TOVEY

Choose one of the studies below and write a report on the aim (why the study was done), the method (how researchers looked into it), the results (what they found) and the conclusion (overall, what did they learn?) then write a 100 word summary on the importance of the research and what its taught us about behaviour/how we can use it in real life.

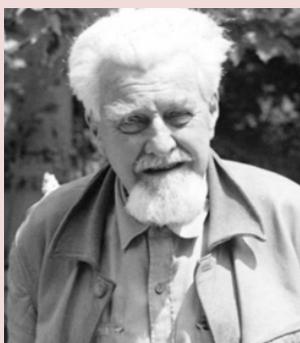
Pavlov's Dogs



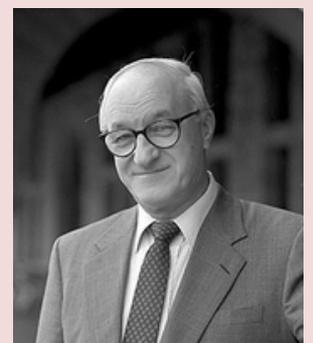
Skinner's Rats



Bandura's Bobo Doll Experiment



Lorenz's Imprinting Research



BFS SPORTS



MRS WYNNE-JONES

Football Festival



We took 10 students to Coombe Dingle for a 9-a-side Football Festival hosted by Clifton High.

This dream team represented BFS with pride. They demonstrated excellent sportsmanship throughout the tournament as well as fantastic communication and teamwork throughout.

They won their first game against Badminton 1-0 (Bonnie). They then beat Redmaids 2-0 (Ellie, Lola). Next a 0-0 draw with Cathedral. They beat Sidcot 2-1 (Lola x2). They lost their games against Clifton High and Ashton Park but made it through to the third/fourth place play off.

Here they faced Redmaids again. They beat them 1-0 (Emma).

Emma and Ellie took it in turns to play in goal and both did a fantastic job.

Lola was picked as MVP by her teammates!

Congratulations all!



MISS URCH

Indoor Hockey



On Wednesday 6 March, BFS hosted indoor hockey against RGS and Montpelier High.

This was the first time the girls had put their months of indoor practice into play, and golly did they do well!

First up was RGS, and the team started brightly. Three quick goals resulted in a nice cushion at half time. In the second half, the team came out just as strong with some amazing board play from the back to the forwards, with Emma scoring a hat-trick of goals.

The second game against Montpelier was a little more challenging, with the away team challenging our goal. However, with forward thinking play from Esther, through to the midfield and forwards, we ran away 4-0 winners. Well done to the Y7 team: Alice, Esther, Amelia, Sophia, Lauren, Emma, Jemima and Leo.

The girls' hockey teams at BFS continue to be undefeated this season! We have three more weeks of indoor hockey training left this season until the end of the summer exam period. EVERYONE is welcome across all years, girls and boys, Wednesday after school until 4.15pm.

Attention Year 11

After Easter your core PE lessons will be an opportunity for you to be classroom based where you can use the double period for individual, independent revision.

There will be a practical PE option for those of you who would like to use this time to get outside and exercise if you choose to do so.

If you are no longer wanting to participate in practical PE for the remainder of the year, we would like to request donations of PE kit.

As you are aware, we do have spare kit, however, KS4 sizes are limited. Therefore, if any student would like to donate their BFS PE kit to the PE department we would be very grateful.

Please bring any spare kit to the PE office CG34.



BFS OPPORTUNITIES



MR NOUAS

Ashton Move A Mile



ASHTON



St Peter's Hospice

Week commencing Monday 18 March, we will be doing a sponsored mile for St Peter's Hospice and would love you to join in.

The event will take place during tutor time on the following dates:

- Monday 18 March – Year 7 tutor groups
- Tuesday 19 March – Year 9 tutor groups
- Wednesday 20 March – Year 8 tutor groups
- Thursday 21 March – Year 10 & 11 tutor groups plus Sixth Form



If you would like to sign up and get sponsored to do it, please ask your tutor to fill in the sign-up sheet. Ask your tutor to print you a copy of the sponsorship form on the next page.

Prizes will be issued to whoever gets the most sponsorship and whoever completes the mile in the fastest time. House points for each participant. Participants will wear PE kit on that day. It doesn't matter how fast you are – walking is fine!



Congratulations!

Four Year 10 students from Bristol Free School have successfully completed the BEP Leadership Course. Pani, Molly, Leo and Mylo have attended a series of workshops learning about the different facets of leadership and have completed their own social action project within the school, organising a food collection for our local Foodbank. They rounded it off this week with a presentation to students from across the BEP where they evaluated their project and what they had learned and were presented with certificates by Fiona Carnie of the BEP. Well done Pani, Molly, Leo and Mylo – we look forward to seeing the leaders you become!



MR HAMILTON

Athletics Opportunity

On Tuesday 9 April, 3-6pm, BFS have been invited to attend a British Athletics event at Whitehall athletics.

This opportunity is for students who are interested in taking part in athletics. The event is open to students from beginner through to more advanced levels, therefore if you have never taken part before, or if you are already competing in athletics, you are welcome!

The events taking place are as follows:

- Short Sprints 60m 100m 200m 300m
- Long Sprints 400m 800m
- Endurance 800m 1500m 2000m 3000m 5000m
- Long , triple and High Jump.
- Throws , javelin shot put discus and Hammer.



MISS SLATER



If you want to attend, please send your name, tutor group and the event(s) you would like to participate in, to Miss Slater, no later than Friday 22 March.

careers notices



EMPLOYER TALKS

MS NORTON
CAREERS LEAD



This morning we welcomed Sam Richardson who is a Pilot for British Airways. Sam presented a very engaging talk about his career in flying as well as his more unusual route to getting there.

Sam studied Maths, Physics and Music for his A Levels in a local Bristol school and decided to study Music at the University of Leeds, as he was unsure of what he wanted to do for a career.

Prior to this, Sam took two years out of education in which he spent a year working in a law firm in Bristol city centre, three months working in a bar in Tenerife, followed by a six-month organised gap year experience where he spent four months of this in South America.

Sam decided that it was his love of travel that he wanted to pursue and so began flying school in Spain following his studies at university; he spent fourteen months in Spain to become a fully qualified pilot. He explained that the first six months of this was ground training, this was all classroom based.

After passing some exams he was able to get into a plane and did hours of practice in small planes. Sam showed some fantastic pictures he has taken from the sky and of his travels.

Students from Years 9 - 13 asked some excellent questions about work life balance, advice for subject choices and how to get into flight school. Sam was keen to promote the career to girls, as the work force in this area is still heavily dominated by men.

FITNESS, NUTRITION, AND SOCIAL



CRUSH THOSE FITNESS GOALS WITH OUR AWESOME FULLY FUNDED DROP-IN SESSIONS AT BRISTOL FREE SCHOOL! 🌟

JOIN US FOR A FUN AND EMPOWERING EXPERIENCE WHERE YOU CAN USE FITNESS EQUIPMENT IN DESIGNATED GENDER AREAS, GIVING YOU THE SPACE TO BOOST YOUR CONFIDENCE ON YOUR FITNESS JOURNEY! 🏋️ DROP IN FOR A CHAT OR USE THE EQUIPMENT AS YOU PLEASE.

IT'S THE PERFECT OPPORTUNITY TO WORK ON YOUR GOALS IN A SUPPORTIVE ENVIRONMENT.



SOCIAL

A warm social space for all to chat, do crafts and get fit



PERSONAL TRAINING

Optional use of on-site personal trainer to assist with program planning and exercises, making your fitness journey



FOOD

Food stations to make a protein packed lunch



BRISTOL FREE SCHOOL
AGES 12-16
4-5 APRIL 2PM - 6PM

DROP IN WHENEVER YOU WANT

EMAIL INFO@PRO-COACHING.CO.UK



Cycle Training for Schools



Bristol City Council Bikeability Programme offers schools and youth groups cycle training and activities for all ages and abilities.

Bikeability cycle training for schools & youth groups

- Balance – balance bike training for ages 3-5 builds confidence and balance on 2 wheels at Bristol Family cycling Centre using imagination games. £5.50 per rider.
- Learn to Ride – teaching children to ride without stabilisers. All Ages. £5.50 per rider.
- Level 1 - for ages 7-9 (Year 3 & 4) introduces basic cycling skills through fun activities in the playground. £5.50 per rider.
- Level 2 – for ages 9-11 (year 5 & 6) teaches “on-road” skills to enable children to make local cycle journeys. £11 per rider.
- Level 3 – for ages 11+ (Year 7-13) develops advanced road-riding techniques to enable riders to cope in all road conditions. £11 per rider.

Free cycle hire available for those without bikes to take part – booking essential.

These courses can also be delivered at Bristol Family Cycling Centre with free bikes and helmets hire included.

[Watch our short video about Bikeability](#)

Inclusive Bikeability at Bristol Family Cycling Centre

Inclusive cycling sessions are designed to make cycling accessible to all, whatever their age, abilities or needs, by providing a range of specialist cycles, dedicated support and training at a purpose built cycle centre with a 400m athletics track and traffic free paths on site.

[Click here for more info](#)



**For enquiries and bookings
Please contact Emma Downey**

emma.downey@bristol.gov.uk



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>

