

Newsletter

Dear Parents, Carers and Students

Head Teacher Message

Congratulations to Year 10 students who have been sitting their GCSE mock exams over the last two weeks. I have been so impressed with their maturity and focus in exams and lessons. It is clear they have taken these exams very seriously and revised very hard. Over the next few weeks teachers will feedback to students how they have done. We plan to put in some targeted interventions during term 6 for those students who, from these exams, need more practice and to recap on topics covered so far.

Also, well done to Year 8 who have been doing in-class assessments this week too.

Over the last three days over 157 Year 9 students have embarked upon their practice Bronze Duke of



Edinburgh expedition. It has been very exciting watching them arrive in school with heavy backpacks and setting off in teams from The Tumps.

Our School has one of the highest rates of participation in the South West. We passionately believe in the scheme and the wider personal benefits to young people. Students return with new friends, greater confidence, and an appreciation of nature and the simple pleasures in life!

A big thank you to Mr Milstead and Mr Giles who lead the scheme and the many BFS staff who supported the overnight camp.

Thank you for your support with our changes to the student gate. These were needed to strengthen our safeguarding line.

There has been another tragic incident in a school in South Wales involving a knife attack this week and, whilst I do not wish to raise anxiety, we do plan to revisit our shutdown procedures with students and staff again next week.

To make you aware of our procedure, we do not practise a full drill because it does make young people more anxious than they need to be. We do play them the siren and talk them through what will happen if we do need to shutdown.

Wishing you a lovely weekend.



MRS S KING

KEY DATES

Friday 26 - Saturday 27 April

DofE Y9 Bronze Practice Expedition (Group 2)

Tuesday 30 April

Y10/Y12 'Paper Birds' Theatre Trip, Tobacco Factory

Wednesday 1 May

Y9 menACWY Vaccinations

Thursday 2 May

NO CLUBS/DETENTIONS due to staff training

Monday 6 May

SCHOOL CLOSED - Early May Bank Holiday

Wednesday 8 May

Y10 Drama Workshop, Bristol Uni

Thursday 9 - Saturday 11 May

DofE Y10 Silver Practice Expedition

We are
HIRING

Head of Chemistry

Teacher of Mathematics

Teaching Assistant

Careers Adviser
and Administrator

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

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.



YEAR 9 VACCINATIONS

Meningococcal ACWY vaccination and Diphtheria, Tetanus and Polio vaccination on Wednesday 1 May.

If you have not already completed the consent form, please do so via the link below. The consent form will close at 9am on Monday 29 April.



[Consent Form](#)



MISS MCMURDO

BFS ENGLISH

Book Review Challenge

We are asking students from all year groups to complete a book review to be featured in the newsletter.

What? A book review of a recent book you enjoyed.

How long? 200 - 250 words.

How to submit? Email or hand it in to Miss McMurdo, DG08.

Why? Miss McMurdo is choosing submissions to go in the newsletter, and you will get 5 house points for handing it in (10 house points if it is chosen to be in the newsletter). It is also a great way to share book recommendations!

Tip 1

Use an interesting hook!

Start your review with something that will immediately capture your reader's attention. This could be a compelling question or an exciting incident from the book. Example: 'what would you do if you found out your best friend was a wizard?'

Tip 2

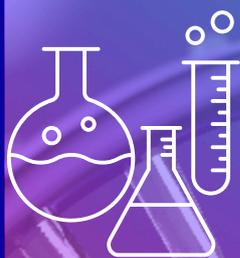
Tell us about the characters and plot - but no spoilers!

Tip 3

Include your honest opinion: What did you like/dislike? Why could you not put the book down? Why was it so interesting? Include the reasons for your thoughts. Example: I loved the way the author described the fantasyland, it was so vivid and I felt transported there, but the ending was unconvincing because...



We look forward to reading your reviews!



BFS SCIENCE



2024 Chemistry Olympiad

Year 13 have just received certificates for the 2024 Chemistry Olympiad. Overall we achieved four bronze and two silver certificates. This is a very challenging supra curricular event - receiving a silver certificate puts these students in the top 33% of students in the UK who took part.





BFS MUSIC



MS KENNARD

Schools' Gala Concert, Bristol Beacon



On Sunday 21 April, a group of BFS students took part in the Schools' Gala Concert at Bristol Beacon. Having worked incredibly hard over the last couple of months to learn some very challenging pieces, they joined a number of other Bristol schools to perform to a large audience in Beacon Hall. It was an unforgettable experience for all involved.

WELL DONE!

BFS SIXTH FORM

Y12 UCAS Exhibition Trip

On Tuesday 23 April, Year 12 attended the UCAS Exhibition in Newport. This was a great opportunity for students to talk to representatives from a wide range of UK universities, apprenticeship providers and employers.

As part of our tutor programme, students have been researching the options available to them after Sixth Form and were therefore very well prepared for the event. Our students had planned which of the over 100 exhibitors they wanted to talk to and had prepared questions to ask. We all really enjoyed the event and it has certainly got our students thinking in more depth about their next steps.





MISS EVANS

BFS FOOD TECH

If any budding chefs would like to enter South West Junior Chef of the Year please see the flyer below. At this stage you only need to submit your recipe for a main meal for two, using mainly locally grown and produced ingredients. If you would like any help or more information please see Miss Evans.



South West Junior Chef of the Year 2024



South West and Cornwall Junior Chef of the Year 2023, Freya (above), along with some of her fellow finalists (clockwise) Theo, Jessica, Akshatha and Elijah with judge, Neil Haydock



Your chance to win the Junior Chef title in your county and compete for the overall South West Junior Chef of the Year 2024

Entries are open to cooks aged 11-16. Simply send us your recipe for a main course dish to serve two, using principally locally grown and produced ingredients.

Selected entrants will be invited to prepare their dish in 90 minutes for our judges in their own county initially and each of the county winners will then compete at the South West final in October. To help finalists to prepare for the South West final, they will receive advice and mentoring from one of our judges, enabling them to learn new skills and experience life in a working kitchen.

You will find further details and the entry form at www.southwestchef.co.uk/the-competition/junior-chef

County finals

Wiltshire

Monday 17th June, Wiltshire College, Trowbridge

Dorset

Monday 24th June, Weymouth College

Somerset

Tuesday 25th June, Bridgwater & Taunton College, Taunton

Devon

Wednesday 26th June, Exeter College

Cornwall

Friday 28th June, Cornwall College, Camborne

Gloucestershire

Wednesday 3rd July, Gloucestershire College, Cheltenham

Entry closing date: Tuesday 21st May 2024



HOUSE COMPETITION



Calling all scientists and wordsmiths!

Are you a fan of both Darwin and Dickenson? Freud and Frost?
Hawking and Hughes?

Online science publication 'Brilliant' has launched its poetry competition called 'Brilliant Poetry'.

What do you need to do?

- Write a poem inspired by science, anything from cell structure to the mysteries of the cosmos
- No more than 40 lines
- Despite the scientific theme, no assistance from AI please!



By when?

To enter, visit [Brilliant Poetry \(thebrilliantpoetry.com\)](http://thebrilliantpoetry.com). Entries close 21 June. Please also send your entries to Miss Sayer and Miss Hawes so we can publish some in the newsletter!

Is there a prize?

First prize: £1,000; second prize: £500; third prize: £250. The top poems will be published in The Brilliant.

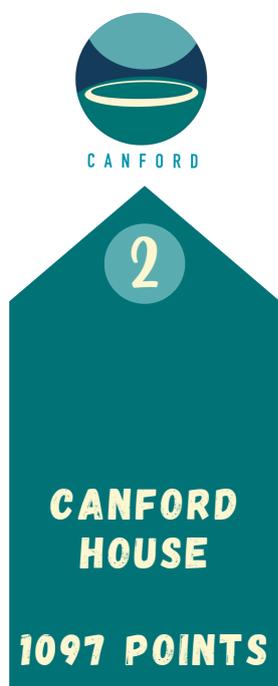
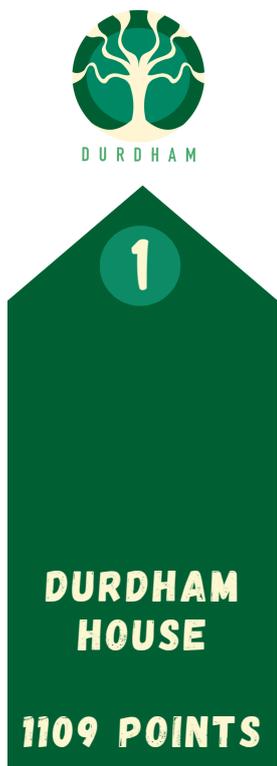
A house point for every entry and lots of house points if one of the winners is from BFS!

HOUSE POINTS



MR MACBLAIN

Well done to Durdham House who were awarded the most house points this week!





BFS Charity House Art Sale

Don't forget to buy your blank art canvas from the Art Department this term, for just £3.

Get creative and paint any theme you like with any appropriate medium. You can do this at home or join us on Wednesdays for Art Club!

Hand it back to the Art Department by the end of Term 5 (24 May).

All entries will receive house points.

Art will be sold in Term 6.

All money raised goes to
The North Bristol Food Bank.





EXTRA CURRICULAR



MR LAXON

Engineering Club

We have been exceptionally busy constructing speaker systems. The group have been using woodworking skills to make a timber housing and electronic skills (many of the group are very talented with electronics!) to build the circuit. Thanks to Emlyn and Mark in Year 10 who support and mentor the students and work exceptionally hard to make the club session effective.

A special thanks to Dan Taylor at Avonmouth Signs who has donated a sign cutter to BFS and a huge quantity of consumable resources. We will be using it alongside the vinyl cutter paid for by FoBFS. We really appreciate the generosity shown to support the growth of STEM at BFS.



MRS MONELLE

Year 7 Ready Steady Cook Club

Year 7 students learnt about health and safety in the kitchen this week and made some delicious oat and raisin cookies.



Clubs Terms 5 and 6

BFS offer a range of fantastic extra-curricular clubs that run at lunchtime and after school.

[See our clubs booklet for more information](#)





THE DUKE OF EDINBURGH'S AWARD

Year 9 Bronze Practice Expedition

Good luck to the Year 9 students who left this week on their Bronze Practice Expedition. We look forward to hearing all about your adventures on your return!



Friends
of BFS



Design and Technology would like to thank Friends of Bristol Free School for providing funding to purchase a computer aided vinyl cutter.

The vinyl cutter will support learners in Design Technology who wish to apply CAD graphics to their design.

We will be rolling out usage over term 6



STAFF NEWS

Staff Table Tennis Championship

Last week staff competed in the 'round of 16' in the staff table tennis championship! There were some thrilling games and students enjoyed watching their favourite teachers compete for the staff cup.

	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Game 7	Game 8
ROUND OF 16	Ms Norton Ashton (Psychology & Sociology)	Mr Nouas Ashton (MFL)	Mr Lustig-Bruce Canford (Maths)	Mrs Humphries Durdham (Music)	Mr East Blaise (Business & Economics)	Mr MacBlain Ashton (Senior Leadership)	Ms Ludwell English (Ashton)	Mr Lally Ashton (Physics)
	Mr Tolman Blaise (P.E)	Mr Langeveldt Canford (P.E)	Mr Hamilton Durdham (Science)	Mr Blance Blaise (Computer Science)	Mr Giles Durdham (Biology)	Mr Dignan Canford (History)	Ms Goodbody Blaise (Geography)	Mr Smith Blaise (Religion & Philosophy)

Congratulations to the teachers who have made it to the quarter finals.

	Game 1	Game 2	Game 3	Game 4
QUARTER FINALS	Mr Tolman Blaise (P.E)	Mr Hamilton Durdham (Science)	Mr East Blaise (Business & Economics)	Ms Goodbody Blaise (Geography)
	Mr Nouas Ashton (MFL)	Mr Blance Blaise (Computer Science)	Mr MacBlain Ashton (Senior Leadership)	Mr Lally Ashton (Physics)



Who do you think will be victorious next week?

U14 Girls' Football



Our u14s played against Oasis Academy Brislington in the quarter-final of the Gloucester Schools Cup this week. With a squad rotation and some talented year 7s joining the team, the girls went out in a different formation and played fantastically! We went into half-time 1-0 from a 30-yard free kick strike that even our superstar goalkeeper Libby couldn't reach!

Unfortunately, Oasis dominated in the second half and scored three goals in quick succession to put the game to bed. The score does not reflect the efforts of the girls with some great performances across the pitch. Ellie, Lois and Bonnie (year 7) and Elsa (year 8) were excellent additions to the team, and each made a fantastic contribution!

Bonnie was voted player of the match by the other team.

U16 Girls' Football

Our u16 team should have played Bedminster Down School but they cancelled last minute so are straight through to the semi-finals next week against Chosen Hill School.

UPCOMING FIXTURES

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Tuesday 30 April	Y7/8 Girls' Division 2 Tennis	At Redmaids' High School
Tuesday 30 April	Y9/10 Girls' Division 1&2 Tennis	At Redmaids' High School
Wednesday 1 May	U16 Girls' Football	Chosen Hill School (at Coombe Dingle Sports Complex)
Wednesday 8 May	Y7/8 Boys' Division 1 Tennis	QEH at Failands
Wednesday 8 May	Y9/10 Boys' Division 1 Tennis	QEH at Failands
Thursday 9 May	Y7/8/9 Rounders	Oasis Academy Brightstowe

careers notices

Employer Talks



MS NORTON
CAREERS LEAD

This morning we welcomed Mel and Suze from our catering company, Innovate, to talk to students about careers in the catering industry. They both talked about their route into catering, which for both began by working in the kitchen.

Innovate IFG

Suze talked about the apprenticeship route that she took into the industry, starting as a Level 2 apprentice (Level 2 Production Chef Apprenticeship). This involved working four days a week in a city restaurant and doing one day a week in college. She has since completed the Level 3 Team Leader Apprenticeship and is just finishing her Level 4 as a hospitality manager apprentice.

Both discussed the varying career routes that can be taken in the industry, other than food preparation, including business and finance, and nutrition, dispelling the myth that careers in food always involve working in a kitchen.

Suze left us some handouts about the apprenticeships that she took, so please speak to Ms Norton or our careers advisor, Ms Lyons, if you would like a copy.



Coming up...

British Army - 3 May



ARMY
BE THE BEST

Upcoming Talks

We have some slots available in May and in term 6 and also have a careers day on Monday 8 July where we would like a range of employers to come in and help with talks or mock interviews for our Y10 students. Please get in touch if you or someone you know would be willing to come in and talk to our students about your career.

Students have requested careers in the creative industries (film, TV, music production etc), roles involving languages and history, veterinary science, banking and marketing in particular.

Work Experience

Are you able to help with year 12 work experience?

Our year 12 students are seeking in-person work experience on 10 - 12 July. It has been a real challenge for our student to find placements in the current hybrid working model that most businesses have and some are really struggling despite making lots of effort. If you think you might be able to support us by offering a student a placement at your work place, please get in touch - we would be really grateful.

careers@bristolfreeschool.org.uk



BFS Fund



Staff and Governors at BFS are determined to ensure that every student at our school has access to an enriched education with inspiring curricular and extra-curricular opportunities. Through our BFS Promise, we offer a huge range of additional opportunities for all our students as they progress through the school.

Funding in schools has been under increasing pressure for several years now and we work tirelessly, with less resources, to provide the best possible experiences for your children. It is increasingly challenging to continue to deliver and improve on the additional experiences and opportunities we offer.



With this in mind, we are re-launching the BFS Fund to help us provide some of those extras that make all the difference to school life, that we otherwise may not afford. BFS fund will go towards improving our school environment and sustaining our wide range of extra-curricular and enrichment activities.

Initiatives include:

- Improvement of social spaces e.g. landscaping and outdoor furniture and equipment for social times
- Grounds development projects such as sports spaces and outside environmental classroom/garden
- Collapsed curriculum days and visiting agencies
- Special visitors/speakers/authors
- Performing arts workshops and visiting theatre groups
- Additional/specialist arts, crafts & technology materials
- Resources for extra-curricular clubs and activities such as gardening club
- Science, Technology, Engineering and Maths (STEM) activities



DONATE



What do we ask parents to contribute?

We suggest £10 a month as a voluntary contribution but if you would like to pay more (or less), we are very happy to receive any amount that parents can afford, and think is appropriate. We are also very pleased to receive one-off donations. Any donation will be much appreciated and will make a difference.





Bring Your Bottle! #BYB

- Due to non-return of reusable cups, we are removing them from the start of Summer Term
- You should use a **reusable bottle** to purchase a genJuice drink
- Bottles will be on sale at the tills for limited time at only **£1.60!!**
- If you don't have a bottle, paper cups will be available to purchase

Your #BYB Club Freebie Fortnight



Show your bottle and sticker at the till for exclusive free drinks



Remember to Bring Your Bottle!



Reusable cups will **not** be available!

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 9:30am - 12 noon

Dates: 3 May - 12 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>





**EAT WELL
SPEND LESS**



Learn how to cook and eat healthily on a budget

A six-week free course

Starts: Tuesday 7th May 2024

9.30am-12noon



At: St. Peter's Church

Ridingleaze

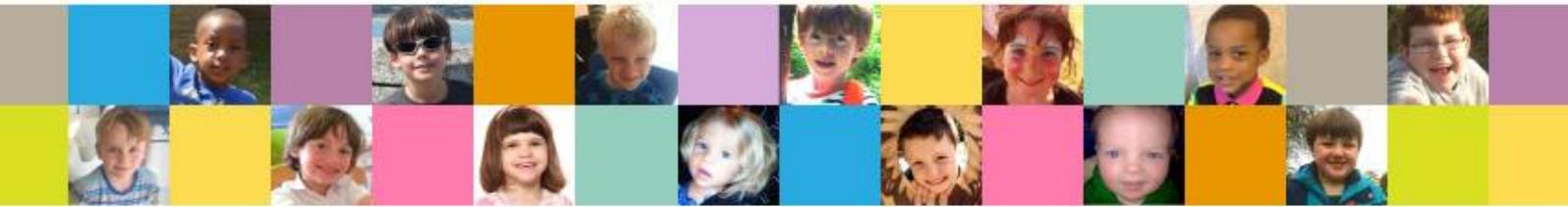
Lawrence Weston

Bristol, BS11 0QE

To book your place call: 0117 9235343

or email: office@bristolnwfoodbank.org.uk





Bristol Autism Support is a charity that supports parents and carers of autistic children - with or without a diagnosis, of any age or support need.

We run a coffee morning fairly locally to BFS. These are informal gatherings where parents can share their feelings and get information and advice.

For the rest of this academic year, the North Bristol support groups will be at Grupo Lounge in Westbury-on-Trym village at 10am on the following Fridays:

26 April, 10 May, 24 May, 14 June, 28 June and 12 July

For people who have never attended one of our coffee mornings before, this is what to expect:

- You will know you've found the right group of people when you spot the A4 sized BAS logo on the table.
- There are usually 2 or 3 BAS volunteers sitting around the table. They will each be wearing a BAS lanyard, and someone will come and say hello and introduce themselves to you. They will ask what you would like to drink and order it for you. BAS pays for a drink for everyone, so enjoy!

All our team members have autistic children of their own so have lived experience to draw on. There will also be other parents and carers there too, like yourself. The numbers vary from week to week but it can be anything from 1 to 8 others.

People come to BAS coffee mornings for all kinds of reasons:

- To ask for advice and support. If a volunteer can't advise you, they'll usually be able to signpost you to someone who can.
- To chat to other parents and carers of autistic children and share their experiences with people who understand.
- To meet others and make new friends.
- To feel seen and heard.

There's no pressure to share anything, unless you want to. The volunteers and other parents and carers are very friendly and the atmosphere is incredibly supportive.

If you're feeling a bit nervous or anxious about coming along, you can contact Lizzie on 07835727394 and she can talk you through it.