

Weekly Update

Extra-curricular activities during week commencing

11 May

All after school activities finish at 4.30 pm unless otherwise noted.

Monday:

3 – 4 pm: 6 Degrees of Aspiration keynote speaker: Fiona Lawrence, Head Veterinary Surgeon

4 – 5 pm: Introduction to Latin

Tuesday:

Animal Club
Boys' cricket (Y7 & Y8)
Book Club (Y7, Y8 & Y9)
Girls' rounders (Y7 & Y8)
International Games Club
Makers Club
Orchestra
Textiles Club (Y8, Y9 & Y10)

Wednesday:

All Years Mixed Athletics
Composition workshop (Y10)
Commercial Jazz Dance Club
Film Club
Philosophy and Science Club
Science Club
Young Enterprise (Y10)

Thursday:

Art Club
Boys' cricket (Y9 & Y10)
Chess Club
Street/Hip-hop Dance Club
Games Club
Gardening Club
Girls' rounders (Y9 & Y10)
International Film Club
Maths Club
Student Newspaper
Technology Open Workshops (Y10)
Warhammer Club

Friday:

'Band Academy'

Study Club will run every day except Friday.

Words from the Headteacher

Our students will be taking end of year exams during the month of June, with Years 7, 8 and 9 beginning their core exams (English, Maths and Science) on Monday 8 June and Year 10 beginning theirs on Monday 22 June. There are students all over the country about to start their SATS, GCSEs and A Levels who have been revising for quite some time and will do so for the next six weeks until the exam season finishes. This raises several questions about revision. When should our students start revising and how should they revise? There is plenty of received wisdom relating to revision methods and ways of revising which are believed to be effective by students and experts but the question to ask is whether that method has been tested for its efficacy or proven to be true? One belief is that the best way to revise is to reread your notes and highlight key words. How do we know? Testing to see whether a revision technique helps students to learn and retain information is the only way to judge how effective it is. Luckily this research has been carried out by Professor Dunlosky and is published in a journal of the Association for Psychological Science. I have taken the liberty of summarising his findings below.

In no particular order these are the top ten revision techniques based upon popularity:

- 1.Revising through explaining why. For example: explaining why a fact is true
- 2.Self-explanation. For example: explaining how new information is related to known information, or explaining steps taken during problem solving
- 3.Summarising. For example: writing summaries of text you have to learn
- 4.Highlighting/underlining. For example: marking out the most important parts of the text while reading
- 5.Key word mnemonics. For example: colours of the rainbow 'Richard of York gave battle in vain'
- 6.Uses images/pictures instead of text. For example: turning key written ideas in to pictures
- 7.Rereading. For example: reading material again usually accompanied by highlighting
- 8.Practice Testing. For example: testing yourself or taking tests about knowledge you need to learn
- 9.Distributed practice. For example: spreading your learning of a particular topic so you have time to forget before learning again
- 10.Interleaved practice For example: looking at lots of different problems or topic areas in a single period of study or revision

Of these ten most popular methods, only two are effective whilst some of the remaining eight can actually hinder learning. The two most effective revision methods are 'practice testing' and 'distributed practice'. "Students who can test themselves or try to retrieve material from their memory are going to learn that material better in the long run", says Professor Dunlosky.

It is simple; in order to make revision successful, students must test themselves repeatedly over a long period of time. Anything else is a waste of time and effort.

See overleaf for hints on testing yourself and distributed practice.

Sources:

<http://psi.sagepub.com/content/14/1/4.full.pdf+html?ijkey=Z10jaVH/60XOM&keytype=ref&siteid=spsi>

<http://www.bbc.co.uk/news/health-22565912>

Richard Clutterbuck

Revision techniques

Testing yourself:

- Start by reading the text book/note
- Make flash cards of the critical concepts
- Test yourself repeatedly using the cards

Distributed practice:

- Plan ahead (well in advance)
- Test yourself
- Then leave it for a significant amount of time
- Come back to it and test yourself
- Repeat

Faraday Challenge

On Wednesday 28 April a group of Y8 students headed to the University of the West of England to take part in the annual Institution of Engineering and Technology's Faraday Challenge. Pitted against five other teams they were challenged to design and prototype a new product that would meet the requirements of a top secret brief which we are not allowed to tell you about! Each team started the day by issuing roles to their members: Sophie Parker was our project manager; Molly Cockerill was the accountant; Elliot Glanville and Michael Evans were 3D design printers; and Jacob Fynn and Phoebe Neville were the engineers.

After brainstorming their idea and producing some drawings it was time to make the prototype. Components were purchased with the limited stash of 'Faraday pounds' they had been given. The temperature rose as time began to run out and the team's prototype was still being printed on the 3D printer. Finally everything was in place and the team was able to put their pitch to the judges. Our students did an amazing job and I was incredibly proud to hear the discussions that took place during the day. Sadly they did not win but hopefully this will not distract from the rich experience they had.

Mr Davies

Residential trips in July

There are a couple of spaces available on the trip to Barcelona (Y8, Y9 and Y10 students) and the trip to the World War 1 battlefields (Y9 only). Both take place in July. If your child would like to take up one of the places they need to collect a form from the School's reception.

Sponsorship Opportunity

Friends of Bristol Free School are looking to find sponsorship for the Summer BBQ event in July. If you run a local business or are associated with one and would like to explore this opportunity please

contact fobfs@bristolfreeschool.org.uk by 18 May.



'Grease'

After many weeks of preparation, Grease was unleashed on a public audience last week... and WHAT a production it proved to be! For three nights audiences were entertained with stunning vocals, enthusiastic performances and high-energy dancing from a very strong cast. While the lead performances from the T-Birds and Pink Ladies were excellent, this was very much an ensemble show with many scenes, especially those which featured the memorable dance routines, packed full with cast members. Not only do thanks and congratulations go out to the fantastic cast, but also to the number of staff and students who helped out with essential areas of production; from the girls who came to help with hair and make-up, to the lighting / sound crew, and of course not forgetting Miss Nicholas, Mrs Giddings, Miss West and Miss Dawson (and their teams) for all the set, props and costumes. A very special thank you to Mr Pate and Miss Green for their exceptional talents and hard work – it really was a directorial team effort too. Roll on next year's show...
Mr Collis

Westbury on Trym Community Fair tomorrow. Please come along to support our Young Enterprise team.

Term 5 – Key Dates	
Please see the calendar at www.bristolfreeschool.org.uk for other important dates.	
May	
Saturday 9	Young Enterprise team at Westbury-on-Trym Community Fair
Thursday 14	<ul style="list-style-type: none"> • PGL trip to Beam House, information meeting, 6.30 pm • Y7, Y8, Y9, Y10 girls' rounders vs St Bede's (away)
Monday 18	<ul style="list-style-type: none"> • Trip to Battlefields, information meeting, 6.30 pm • Full Governing Body meeting
Tuesday 19	<ul style="list-style-type: none"> • Y7 & Y9 girls' rounders vs Henbury (home) • Music Showcase Concert
Wednesday 20	<ul style="list-style-type: none"> • Open Day • New Y7 parent information evening, 6.30 pm, by invitation only
Thursday 21	<ul style="list-style-type: none"> • Y8 & Y10 girls' rounders vs Henbury (away) • 6th form parental consultation evening, 6.30 pm
Friday 22	End of term 5