



# Weekly Update

## Extra-curricular activities during week commencing 23 January 2017

### Monday

KS4 Fitness  
Classics Club  
Fencing

### Tuesday

Latin GCSE year 2  
Year 9 and 10 Parkour  
All years Girls' football  
Trampoline  
Textiles Club (Y7 & Y8)  
Photography club  
Geography of Food Club  
School Musical  
Italian Club  
Science Club  
Flying Start Challenge  
Model United Nations  
Yr 10 Young Enterprise

### Wednesday

Latin GCSE year 1  
Girls' basketball (Y10 & Y11)  
7, 8 & 9 Boys' Football  
Orchestra  
Folk Band  
Geography of Food Club  
Outdoor Club  
Warhammer School Alliance  
Commercial Dance  
Macbeth Rehearsals  
French Film Club  
Yr 12 Young Enterprise

### Thursday

Y10&11 Boys' Football  
Mixed Hockey  
Y7&8 Badminton & table-tennis  
Street and Hiphop Dance  
Jazz Band  
Junior Jazz Band  
Maths Challenge Mentoring (y7 & y10) (Last Thursday of each month)  
Dressmaking (Y9 & 10)  
Programming Club

### Friday

Sports Academy

## Words from the Headteacher

On Thursday of this week, our staffroom took on a new life as an undergraduate common room. We welcomed in third year students from UWE and Bristol to support our Pathways Day for Year 9. They did a fantastic job, working with our students to guide and help them shape their options, and it provided further tangible opportunities for young people to see and hear about what their future might like. I remembered wistfully my days at university whilst watching the students Hoover up the complimentary sandwiched and crisps and ignoring in its entirety the fruit platter.

Our Sixth Form applications are currently climbing at an exponential rate. It leaves me optimistic about the calibre of our incoming year 12, and confident that they will build on the super start made by our current Sixth Formers. It has been a pleasure this week to interview students and talk through their plans, looking at the mix of subjects they are opting for and their hopes for the future. I am excited that we will be able to ensure that young people take huge strides towards a chosen vocation and career.

The wave of high quality applicants has made a difficult job somewhat trickier; we can take a relatively large number, and it will be more students than our current year 12, which has peaked at 70. However, I have to plan for the Sixth Form to grow at the right pace and this includes making careful staffing projections and thinking about what we can and cannot offer. This in turn has one important effect on the shape and culture of our sixth form. We are only able to offer places to those who achieve on two levels: they have worked hard throughout Year 11, whichever school they are currently attending, and they are on course for high grades in their chosen subjects. There are students at BFS who fit this remit and it has been a pleasure interviewing them this week; I have made conditional offers on this basis. However, there are also those who might be on course to meet the grade requirements, but have not shown the necessary commitment or engaged fully with the values of the school. There will be no place in the Sixth Form for those students. It's a harsh message, but it is a realistic and appropriate one. If students want to stay here or join our amazing Sixth Form, they have to show that they are ready for the demands of A Level and Level 3 study. I will not be taking a punt on students who cannot arrive on time to school or to lessons 13 weeks before their GCSE exams.



**Paul Jones**



**Unwanted Musical Instruments!**

Does anyone have any instruments they want to donate? I've had a few people mention this recently and it would help stock up the department, particularly as we move into the bigger space this year! Loads of people have guitars, flutes they played at school which are now gathering dust etc... If anyone is looking for a new home for a sad unplayed instrument we'll gladly take it off their hands! Thanks Mr Pate

**Key dates for next week**

Please see the calendar at [www.bristolfreeschool.org.uk](http://www.bristolfreeschool.org.uk) for other important dates

<b>Monday 23 January 2017</b>	Parents meeting for Nepal Y12/13 Easter 2018 trip
<b>Tuesday 24 January 2017</b>	Philosophon, from 04:00pm, Kings College Taunton Macbeth performance Yr 7 and 8 boys football v Oasis Academy away
<b>Wednesday 25 January 2017</b>	Yr 11 GCSE Music performance evening U14 girls hockey v Fairfield away Yr 9 boys football v Oasis Academy away
<b>Thursday 26 January 2017</b>	Finance and Buildings Governors Meeting Staff Development Governors Meeting U16 girls football v Redland Green school away Y10 and 11 boys football v Oasis Academy away
<b>Friday 27 January 2017</b>	Yr12 French Students language conference

**Easter Superweek!**

Your adventure is waiting for you!

Have you ever been on a holiday camp? ATE runs Superweeks- these are fun filled adventure holidays where you can: Play games. Sing songs. Climb trees. Explore new places. Make friends. Do brilliant activities.

Our Easter Superweek is running from 8<sup>th</sup>-15<sup>th</sup> of April and we want you to be a part of it!

Book a place at <http://www.superweeks.co.uk/superweeks/the-easter-egg-stravaganza/> or email [info@ate.org.uk](mailto:info@ate.org.uk) for more details.



**Geography of Food**

Would you like to brush up on your culinary skills? Are you interested to know more about where our food comes from?

.... Then come along to C058 on a blue week Tuesday or Wednesday for 'The Geography of Food Club'. We learn where some of your favourite foods are from and how the recipes have evolved over time, before having a go at recreating some delicious dishes.

Throughout terms 3 & 4 we will be running 2 sessions every blue week to meet the high demand for this club. Sign up will be on a first come first served basis, so get your name down quick!

The club will cost £5 this term and will have a 'sustainability focus' where we will learn about food miles and the impact importing foods can have on our planet.

### Shakespeare's Macbeth

Following on from the hugely successful production for the Shakespeare Schools Festival, we are pleased to announce that *Macbeth* will be performed at Bristol Free School on **Tuesday 24th January at 5:30pm** (the play is a 30min abridged version so will be finished at 6pm). The ensemble performance was celebrated for its creation of tension, drama and strong characters. We look forward to seeing you there and sharing in the production's success.



### Interested in fostering a child?

Bristol City Council is urging anyone who is interested in fostering to come forward to find out more. There are around 700 children in care in Bristol and all need a stable loving home to ensure they reach their full potential. There are various schemes available, and children of various ages and from different backgrounds. The process of becoming a foster carer takes around 4-6 months and is not as difficult as you may think! You can be single, married or in a same sex relationship. You could own your own house, or be renting. You could be of any faith or no faith. We hope to have a wide diversity of carers to provide the best match for our children. As long as you have the time and space and are over 21 we would love to hear from you! Please call for an information pack on 0117 3534200 or email on [fostering.adoption@bristol.gov.uk](mailto:fostering.adoption@bristol.gov.uk)

### Online Counselling Service comes to Bristol

NHS endorsed; **Kooth** is a free online service that offers emotional and mental health support for children and young people. When a young person signs up they can choose an avatar, which helps to keep them safe and anonymous. They can have a "drop-in" chat with a counsellor or therapist or book a one-to-one session. Kooth's counsellors and therapists are available until 10pm, 365 days a year. Young people can talk to other young people anonymously on the forums whenever they like, and keep an online journal. Forums are monitored by trained moderators.

Subscribing to Kooth allows a child to read its online magazine and maybe even write for it. They can also use Kooth to set goals with their online counsellor or therapist and keep a record of how they are doing. Evidence suggests that Kooth can help children and young people with a range of emotional and psychological problems.

Kooth is suitable for children and young people aged 11 to 19. It can help with lots of different problems, including eating disorders, loneliness, bullying, anxiety and depression.

<https://www.kooth.com/>

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