



# Weekly Update

## Extra-curricular activities during week commencing 13 March 2017

### Monday

KS4 Fitness  
Classics Club

### Tuesday

Latin GCSE Year 2  
Year 9 and 10 Parkour  
All years Girls' football  
Trampolining—GCSE only  
Textiles Club (Y9&10)  
Photography Club  
Geography of Food Club  
School Musical  
Italian Club  
Science Club  
Flying Start Challenge  
Model United Nations  
Year 10 Young Enterprise  
D of E Drop-In

### Wednesday

Latin GSCE year 1  
Girls' basketball (Y10 & Y11)  
Y7, 8 & 9 Boys' Football  
Orchestra  
Folk Band  
Geography of Food Club  
Outdoor Club  
Commercial Dance  
A Level & GCSE Drama Rehearsals  
Year 12 Young Enterprise  
Warhammer School Alliance

### Thursday

Y10 & 11 Boys' Football  
Mixed Hockey  
Y7 & 8 Badminton & table-tennis  
Street and Hiphop Dance  
Jazz Band  
Junior Jazz Band  
Dressmaking (Y9 & Y10)  
Programming Club  
French Film Club

### Friday

Sports Academy

Follow us



Twitter: @bristol\_free



Instagram: @bristol\_free\_school

## Words from the Headteacher

With the new building nearing completion, it is an opportune time to provide an update on all things to do with our Sixth Form. A few weeks ago, a group attended a tour of Oxford University, visiting a number of colleges around the city. They began the day with a tour of the Ashmolean Museum before moving on to look at the Parks, home of the Oxford University Cricket Club, Keble College and other esteemed institutions. The tour was led by an Oxford graduate who shared his experiences and gave valuable insights into university life. At the end of the day students visited Exeter College, where the alumni include JRR Tolkien, Roger Bannister and Alan Bennett. The college is the fictional setting for Jordan College in Phillip Pullman's His Dark Materials trilogy, with many of the buildings dating back to the 13<sup>th</sup> Century. Our students were awe-struck by the Margary Quadrangle and the dining hall and came away inspired by the day and keen to explore further the possibility of studying at such an impressive place. James Beggs will be first to return, having just had confirmation of his place at the PPE summer school at Oxford, along with Holly Payne and Sahara Shafi, both doing History at Somerville. Meanwhile, Beth Morgan has been accepted onto the English summer school at Cambridge University, and Layla Khahin is enrolled on the Biology course.



Our application deadline for Year 12 in September has now passed. We have had a glut of applications, all of an exceptionally high standard, and a significant increase in applications from external candidates. I am excited; the Sixth Form is growing in strength and depth and from September it will be an even more impressive place for young people to study and develop. What I do know, having read the applications with Mr Walker, is that we will have to make some difficult decisions. I use the word 'difficult', when really I mean 'straightforward'. Due to our growing numbers of applicants, our academic and independent learning criteria will be strictly adhered to. As I said in a letter to prospective parents recently, the school is about more than results; it is about shared values and a sense of community. Without these, the fantastic institution we are continuing to shape and develop will mean nothing.

Paul Jones

## Update on Year 9 Guided Choices

We have been holding our interviews with individual students over the past few weeks. This has provided the ideal opportunity to refine and finalise subject choices and ensure that each student has the right curriculum lined up. The process is running a week behind due to having to reallocate some interviews because of staff absence, but that aside, things are going very well.

We will write to all parents with confirmation of the subject choices of students during the week beginning 20 March. This will provide a final opportunity for discussion between parents and students and the chance to notify us of any changes at this point. After that, it will be full steam ahead with our curriculum and timetable planning.

## Fixture of the Week

A late change of venue to St Bede's large AstroTurf resulted in a change of formation in order to exploit the space on the wings. Buster Reed, playing on the left, scored a sublime volley from a great pass by Bailey Turner for the opening goal. Buster proceeded to notch up a first-half hat-trick, before further goals from the selfless Kyle Widger secured a 6-0 victory over Cotham.

The whole team played well together, working hard and encouraging each other. James Russell made an outstanding save in the second half and great movement from Jack Szwemin and Qwade Kidd continued to press their defence back. Buster Reed and Bailey Turner received the 'men of the match' awards, and we look forward to the semi-final with trepidation and confidence!

**HPV vaccinations**

On Monday 13 March the HPV vaccinations will take place. This is a two part vaccination; Year 8 girls will have the first part and the Year 9 girls that had the first part in school last year, will have the second part.

**BFS Community Spring Fair update**

Tickets will be available outside the school office from Monday 13 March during lunchtimes (children 50p, adults £1, family ticket £2). Please buy early to help the students in their planning.

Do you have any bric-a-brac in good condition that you would like to donate to our stall? Unwanted children's toys, books or clean clothing all welcome. Or, would you like to donate to our tombola prizes? Please bring donations to reception.

Thank you so much for your support either with donations or with your enthusiasm on the day, or both. *Y10 Achieve*

**BFS Dance Club**

BFS Dance club is offering dancers the opportunity to work towards another Medal Day in June 2017 allowing them to add to their awards with a Medal engraved with their name. Those dancers who passed their Bronze Medal in 2016, will be working towards a Silver this year.

*Wednesday - Commercial Dance:* This class utilises performance qualities from street disciplines such as hip-hop and funk styles whilst using the techniques of jazz and contemporary. It is a strong style danced to the latest chart hits by artists such as Charlie XCX, Clean Bandit and Beyoncé through to more formal Jazz as seen in West End Musicals like Chicago and Cats. Learn to strut your stuff like a True Diva!

*Thursday - Street and Hip-hop Dance:* This class is a mixture of the urban grooves of Hip-Hop, Street, RnB, popping, locking and breakin' as seen by artists on the latest commercial music videos. Bust your moves to Nicki Minaj, Little Mix, Justin Timberlake and many more current stars!

**5 ways to wellbeing - part 2**

The second entry on **nef's** list of actions to improve well-being:

*Be active* - Go for a walk, a run, a cycle or even get out and weed the garden. Find a physical activity that you enjoy and one the suits your level of mobility and fitness. Good physical health is linked to mental well-being and it is proven that exercise has a positive impact on mood and has been used to successfully treat depression and anxiety.

Key dates for next week	
Please see the calendar at <a href="http://www.bristolfreeschool.org.uk">www.bristolfreeschool.org.uk</a> for other important dates	
<b>Monday 13 March 2017</b>	HPV vaccinations, Y8 and Y9 girls Spanish Exchange in Spain 4x Y10 students in the Maths Feast at Castle School
<b>Tuesday 14 March 2017</b>	Spanish Exchange in Spain
<b>Wednesday 15 March 2017</b>	Spanish Exchange in Spain BBC Bristol Tour
<b>Thursday 16 March 2017</b>	Spanish Exchange in Spain
<b>Friday 17 March 2017</b>	Spanish Exchange in Spain Jazz Band performing at Colston Hall Foyer for Bristol Jazz and Blues Festival, 5pm
<b>Saturday 18 March 2017</b>	Model UN Conference, Taunton

**Safeguarding Alert**

Parents and carers have been warned after an incident of online grooming using popular music app [musical.ly](http://musical.ly) in a Bristol primary school. It comes after parents around the country warned that online predators were targeting young children through this app.

Please discuss the safety rules around using apps such as [musical.ly](http://musical.ly) and YouTube etc with your children and make sure they are clear of the action that needs to be taken if they are concerned or unsure about something.

**Poetry Slam**

Inspired by World Book Day, Bristol Free School held its first Poetry Slam last week. In preparation, all students in Year 7 and 8 wrote a poem on a topic of their choosing, and then rehearsed it ready for in-class performances. We had poems ranging from "the misunderstanding of brussel sprouts" to "the inequality of humans"; from "a guy who fell down a well" to "problems of global warming".

Due to their commitment, well-crafted poems and engaging performances, the following students performed in the BFS Final: From Year 7 - Daisy Castellaro, Charlie Stephens, Isabella Hawkins, Sofia Cocchiara, Rhys Purnell, Bradley Holoden, Holly Corbett, Ella Knight, Olivia Fackrell, Evie Sayle and Juliette Hooper. From Year 8 – Zoe Gibbs, Ben Beggs, Jamie Quirk, Charlie Proctor, Neave White, David McGregor and Riccardo Smith.

Four winners were chosen – Daisy Castellaro, with her poem on the embarrassment of dad dancing; Juliette Hooper, with a philosophical poem on living life as a steak; Charlie Proctor, on the delights of eating KFC, and Zoe Gibbs on the British pastime of drinking tea.

These four students then attended the Colston's Inter-School Poetry Slam where they enjoyed a workshop run by performance poet Ash Dickinson, and performing to an audience of rapt students, parents and staff. The students received positive feedback and left the event buzzing with enthusiasm. As Zoe Gibbs said: "What I enjoyed most was listening to other peoples' poems and hearing what work had gone into them; it was really inspiring".

*Miss Nowak*

**First Aid Skills for Young Carers**

On Thursday our Young Carers group took part in a 3 hour core skills training morning delivered by St Johns Ambulance. All members of the group got involved with the session and received a certificate at the end. This was an excellent opportunity for these students to enhance current and learn new skills that may make a real difference in an emergency situation.

