

Newsletter

Dear Parents, Carers and Students

I hope this first newsletter finds you safe and well.

I am pleased to report that our students have settled very well into the new academic year. We are aware of the understandable anxieties around starting a new school and, for older students, preparing for external examinations. We will support students as they adjust.

EXTRA-CURRICULAR

From next week extra-curricular and enrichment will start up again. We plan to offer a range of clubs and hope students will take advantage of these activities. Staff at BFS are keen to put on opportunities that students will enjoy. If students have any suggestions for what they would like to do, please let staff know and we will see what we can provide.



VACCINATION PROGRAMME

It was confirmed this week that the vaccination programme will include 12 -15 year olds. We will work with colleagues in Public Health to agree our local arrangements for having the vaccination. I know special schools will take priority and secondary schools will follow. Obviously, consent will be required and further guidance and information will be shared as soon as we know more.

MEET THE TUTOR EVENING

Next Thursday we are looking forward to meeting Year 7 parents and carers for the 'Meet the Tutor Evening'. We plan to have several senior staff available to answer questions and your child will be able to show you around the school and their classrooms. Year 12 parents and carers will also be invited to meet their child's tutor on Thursday (remote).

FOBFS

Finally, I encourage parents and carers to consider joining FoBFS, our parental association. This year is the school's tenth anniversary so there will be many opportunities to get involved if you would like to. We have included some contact details in this week's newsletter.



I hope you enjoy the first newsletter of this new school year.



MRS S KING

SPIRIT OF BFS AWARD

Congratulations again to former student Faith who won the Spirit of BFS award last academic year. This award, sponsored by FoBFS is awarded to students who personify our values; Community, Ambition and Opportunity.

It was great to see Faith this week, and we wish her all the best for University. Keep in touch!



KEY DATES

- 22 September - Swimming Gala, Clifton High School
- 23 September - Meet the Tutor Evening Year 7 & Year 12
- 1 October - Year 7 BBQ

CONGRATULATIONS TO AMELIE



Congratulations to Amelie who swam 5k in just under 2 hours to raise money for Cancer Research UK, Marie Curie & The Swimathon Foundation

You can still donate via the link below:

https://www.justgiving.com/fundraising/for-our-darling-sam-x?utm_source=whatsapp&utm_medium=fundraising&utm_content=for-our-darling-sam-x&utm_campaign=pfp-whatsapp&utm_term=2642c0362fb14880b8bd91c6f1e50606

FOLLOW US!

BRISTOL_FREE



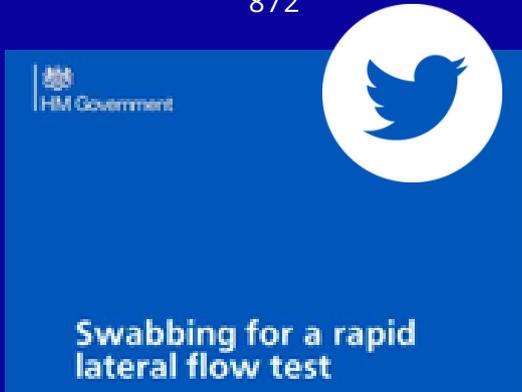
LATERAL FLOW HOME TESTING

Thank you to all our families who are following the guidance to help keep our school community safe.

All students who are taking part in twice weekly home testing should now have a pack of 7 tests. If your child missed theirs or needs a further box, just ask at student services. We ask that home tests are taken on Sunday and Wednesday evening each week.

This video gives further guidance on carrying out the tests for those who are new to it.

<https://twitter.com/i/status/1436630617114959872>



Negative results still need reporting

PLAY YOUR PART

TAKE THE TEST

STOP THE SPREAD



SUBMITTING RESULTS

Tests are not complete until they are registered. As a school we submit our test results through www.testregister.co.uk which then takes you to the Gov.uk website to submit results. Parents/carers will receive a reminder email on Sunday and Wednesday with a link to submit results. Following maintenance on the site this week all new students have now been added.

Those who do not wish to take part in home testing and do not wish to receive the reminders now have two ways to manage this:

1. Inform the school at covid.testing@bristolfreeschool.org.uk so that we can update the register
2. From within the account parents/carers can now amend their consent - click on the 3 dots in the top right corner, and from the menu select "manage consent"

Finally, those who have tested positive for Covid-19 in the last 3 months do not need to test for 90 days after their symptoms began or the date of their positive test.

If this applies to your child and you would like to pause the reminders, please get in touch via covid.testing@bristolfreeschool.org.uk with these details

- Name of student
- Tutor Group
- Date of positive test result.

EXTRA-CURRICULAR IS BACK



Sports clubs start up from Monday 20 September

Everyone is welcome to all extra-curricular clubs. They begin after school (meet in the changing rooms) and finish by 4.15pm. You will need your PE kit (for rugby you will also need boots and shin pads)



	Rugby	Netball	Cross-country
Monday	Y8&9 Rugby	Y10&11 Netball	
Tuesday			
Wednesday	Y10&11 Rugby	Y7 Netball	
Thursday	Y7 Rugby		Cross-country (all years)
Friday		Y8&9 Netball	

HOMework CLUB

MONDAY TO THURSDAY

- 3-4pm
- LRC (C block)
- Access to books, resources, computers, and a quiet space to work
- Support from our experienced staff: Ms Hussey, Mrs Edwards and others
- All welcome, no need to book



MUSIC CLUBS

MONDAY

If you play an instrument, even if you're a complete beginner, Monday is the day for you! There are lots of groups going on, if you're not sure then turn up on the day and speak to Mr Pate and Miss Dawson about which is best for you. There is something for everyone, no matter what your instrument!

- 3 - 4pm - Band - Drama Studio (D block) - Big ensemble group playing fun pieces including film music, pop songs, classical pieces and more! All instruments welcome and any ability level! If you enjoyed the bubble bands last year, this club is for you!
- 4 - 4:30pm - String Orchestra - Drama Studio (D block) - String players can stay on after band practice to be part of our exciting new string orchestra group.
- 3 - 3:30pm - Folk Band - DG31 - "Hollow Trees", A folk music ensemble group
- 3:30 - 4:30pm - Jazz Band - DG31 - "Treble Bass", BFS' jazz band. We are particularly looking for wind and brass players at the moment!



WEDNESDAY

3.15 - 4:30pm - School Show Rehearsals - Drama Studio - This year we will be working towards a big performance of a musical! We are looking for actors, singers, musicians, people who would like to be involved with lighting and sound, costumes and more! If you are interested in being part of a musical, come along on Wednesday after school.



THURSDAY

- 3 - 4pm - Choir - Drama Hall - Our big choir group "Dynamics" learns fun songs in harmony. Come and sing in a relaxed, fun environment and have the chance to perform around Bristol and beyond! (We even sang in Disneyland once!) No experience necessary, all are welcome
- 4 - 4:30pm - Chamber Choir - Drama Hall - For KS4 and 5 students, stick around after choir to learn more challenging small group acapella pieces with our acapella ensemble "Treble In Paradise"
- 3 - 4pm - Music Tech Club - DG32 - Are you a keen hip hop producer? Want to make dance music or write your own songs using technology? Whatever your favourite style, music tech club is a chance to make music using the mac computers in the music classrooms.

All welcome!



WILL CLIMATE CHANGE AFFECT CHILDREN'S RIGHTS?"

This September, students at BFS will be debating the question:



"Will climate change affect children's rights?" ahead of the United Nations Climate Conference (COP26) in Glasgow in November.

Working with VotesforSchools, our children and young people will be contributing to the conversation and making sure their voices are heard alongside the thousands of others collaborating on this movement.

VotesforSchools enables children to have informed, considered debates on issues of the day, and make sure their voices are heard and have impact. There is no bigger issue at present than the need to discuss climate change, and it is crucial that young people's voices are part of that conversation.

The data report from this debate, including the final vote results, will be available on 22 October 2021.

Please contact lizzy@votesforschools.com for a copy.



HAVING OUR SAY: 100,000 VOICES HEARD AT COP26



FRIENDS OF BRISTOL FREE SCHOOL



The Friends of Bristol Free School (FoBFS) is a charitable organisation, consisting of a group of active parents, carers and teachers who fund raise on behalf of the school, typically by supporting school and social events.

Our core aim is to raise money to be spent on equipment and experiences for students across all year groups, which cannot be easily funded through the school budget.

Want to know more? Contact Us
Email: fobfs@bristolfreeschool.org.uk

SIGN UP FOR FREE!

It's Simple! Please visit the below links to help raise money for BFS

<https://smile.amazon.co.uk/>

<https://www.easyfundraising.org.uk/causes/fobfs/>



BFS COOKS



MRS FORD



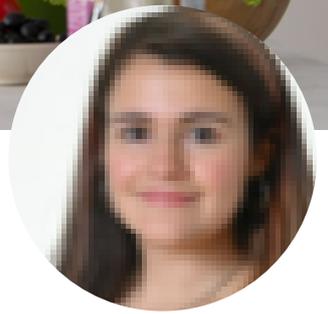
First practical in the new food room has taken place and was a huge success!

Mini toad in the hole with home made onion gravy using the roux method.





BFS COOKS



EMA, Y13

This summer my family and I went to Albania to meet our family there. My grandfather, Vasili, who is Greek, is very passionate when it comes to cooking, so we helped him make all our favourite traditional dishes. The first morning we made Greek Loukoumades, which are fried dough balls and are absolutely delicious! You can eat them with honey, jam or sugar but my favourite is always with feta cheese.

In my grandfather's garden there is also a fig tree which is full of dark and very sweet figs during August. Because there are so many figs we can't eat them, we always make fig jam batches for during the winter or as a present to other relatives. This year my mum and I helped him prepare the batches.

Lastly, we ate what we mostly longed for: fish and seafood. From calamari, shrimps and lobster to fishes like the red mullet or levrek(European Bass) we retried the true Mediterranean taste.





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

INTERNATIONAL WEEK OF HAPPINESS AT WORK

Did you know that next week is International Week of Happiness at Work. At BFS we work with young people every day trying to make life a bit easier, safer and happier. We are committed to keeping our young people's wellbeing at the heart of all we do in the Mental Health team. Happiness is definitely part of our toolkit used daily.

During this week, why not try to encourage in school & at home, random acts of kindness? Small acts have huge impacts, especially if someone is feeling down, upset, tired or neglected.

Did you know that people who are kind and compassionate see clear benefits to their wellbeing and happiness. We all have so much going on in our lives, including competing strains and stresses of a new year at school, that we can see kindness pushed to one side in favour of what is deemed urgent or more important. If we take time to be kind to other people, we can reap emotional dividends ourselves. It can really make a difference to people who are vulnerable or struggling.

BEING KIND AND HAPPY HELPS TO:

MAKE OTHERS
FEEL GOOD

KEEP THINGS IN
PERSPECTIVE

CREATE A SENSE OF
BELONGING AND
REDUCES ISOLATION

GENERALLY MAKE
THE WORLD A
HAPPIER PLACE

BENEFIT OURSELVES
AS KINDNESS IS
USUALLY RETURNED

BE KIND



RANDOM acts of kindness

Give a compliment	Make someone laugh	Clear up a mess you didn't make	Hug someone	Tell someone you love them
Smile at everyone you see today	Hold the door open for someone	Read to someone else	Include someone new in your games	Let someone in front in the queue
Leave a friendly note for someone	Introduce yourself to someone new	Give some loose change to charity	Sort out some old clothes to donate	Get someone else a drink
Pick up some litter that isn't yours	Tell someone reasons why you like them	Share something with someone	Say thank you to someone	Offer help to someone
Tidy up without being asked	Encourage Someone	Thank an adult for something they do for you	Make someone a card	Help cook dinner



Part of what we do in MH&S department at school is offer support across the board. We offer our acts of kindness as opportunities for home, students and staff to receive additional support for free.

HAPPINESS AT WORK

THE MOST NATURAL THING IN THE WORLD.
HAPPINESS AT WORK PAYS OFF.



WHEN YOU ARE HAPPY, YOU ARE:
HEALTHIER, MORE VITAL, MORE CHEERFUL,
MORE SOCIAL AND MORE SUCCESSFUL

FOR ORGANISATIONS: HAPPIER EMPLOYEES ARE MORE INVOLVED, MORE PRODUCTIVE, MORE COOPERATIVE, MORE CREATIVE AND MORE INNOVATIVE.

THEY ARE LESS LIKELY TO CALL IN SICK AND THERE IS A DECREASED CHANCE THEY WILL EXPERIENCE A BURNOUT. HAPPINESS AT WORK IS ABOUT MEANINGFUL WORK, HEALTHY RELATIONSHIPS, DEVELOPMENT AND



AND ABOUT STOPPING UNNECESSARY RULES, POWER, COMPLICATED PROCESSES AND PROCEDURES, ABSENTEEISM UNMOTIVATED COLLEAGUES AND TERRIBLE MANAGERS.

LET'S CREATE A WORKPLACE TO STIMULATE FUN, APPRECIATION POSITIVE FEEDBACK, AWESOME CHALLENGES, TRUST, MEANINGFUL RESULTS AND OWN RESPONSIBILITIES

LET US, AS EMPLOYEES, EMPLOYERS ENTREPRENEURS, ORGANISATIONS AND ESPECIALLY AS



HUMAN BEINGS WORK

TOGETHER TO MAKE HAPPINESS AT WORK THE MOST NATURAL THING IN THE WORLD.

IF YOU WOULD LIKE TO HEAR MORE ABOUT THAT SUPPORT, WHETHER FOR YOURSELF, YOUR FAMILY OR YOUR CHILD THEN EMAIL

TELLSOMEONE@BRISTOLFREESCHOOL.ORG.UK

FOR FURTHER DETAILS.

IT'S BACK!

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the **BIG** **QUIZ**

raising funds for
Aid Box Community
Providing sanctuary, support and supplies
to refugees and asylum seekers in Bristol

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Gather your finest & dazzle us
with your collective brainpower!

SATURDAY 16TH OCT

★ **7PM for 7.30PM START** ★

at ST PETER'S CHURCH HALL
17 THE DRIVE, HENLEAZE, BRISTOL BS9 4LD

★ **TICKETS £10** ★

FROM NAOMI@AIDBOXCOMMUNITY.CO.UK OR T. 07834 686 193

ALSO AVAILABLE FROM: EVENTBRITE.CO.UK/E/THE-BIG-QUIZ-2021-TICKETS-169858915589
(SUBJECT TO A BOOKING FEE)

★ NO MINIMUM TEAM SIZE, MAXIMUM TEAM SIZE: 8 ★

There will be a licensed bar – bring your own snacks!
Plus raffle & auction with fantastic prizes!

FOR MORE INFO, VISIT AIDBOXCOMMUNITY.CO.UK

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