

Bulletin

BFS Sixth Form Open Evening

JOIN US ON 11 NOVEMBER 2021 FROM 5.30PM

For further information please visit www.bristolfreeschool.org.uk



"The teachers and staff at BFS are some of the most enthusiastic caring people I've ever met, and it's they who make the school community so great" Ben, Year 12

KEY DATES

- 22-23 October - DofE Y10 Bronze Qualifying Expedition
- 22 October - Inset Day & End of Term
- 22 November - 2 December - Year 11 & Year 13 Mocks

PLEASE CYCLE WITH CAUTION

Please be mindful of cycling with caution in public places within our community. Remember to use your bell to warn pedestrians you are approaching and cycle slowly.

Be aware of people and dogs around you.



DUKE OF EDINBURGH- ENROLMENT FOR YEAR 9



More information to follow next week!

Stay tuned for assemblies & presentations in tutor time. If you have any questions please find Mr Wieczorek or Mr Ellis in C Block.



YEAR 7 CLIFTON COLLEGE DAY 1 - 7TG1, 2 & 3

On Monday, the first of our Clifton College team building days went ahead. Students in 7TG1, 2 and 3 travelled to Clifton College Sports Ground to participate in their team building day with their fellow peers and tutors. It was a great success and a fantastic day! The weather stayed on our side and the rain held off, allowing students to enjoy the outdoor experience to its fullest. Students thoroughly enjoyed the day and made the most of the fantastic opportunity to build and develop relationships with peers, as well as try out a range of new and exciting activities.

Students were able to be involved in activities such as problem solving, archery, bush craft and survival, shelter building and tomahawk throwing. It was wonderful to see so many students getting involved, embracing new skills and having plenty of fun whilst doing so. Tomahawk throwing and shelter building were definitely the highlights of the day for many!

The instructors from Clifton College were very impressed by the behaviour, engagement and curiosity of our students so well done to all for representing BFS so proudly.

7TG4 and 5 can look forward to their experience on Monday 11 October, and 7TG6 and 7 the following week - Monday 18 October.



CELEBRATE NATIONAL POETRY DAY



To celebrate National Poetry Day, Mr Harris and 7TG2 decided to make the most of the early morning sunshine and enjoy some poetry. They began with a rousing 'call and response' rendition of The Gruffalo, which seemed to be a real crowd pleaser. Mr Harris then shared a poem of his own composition - 'Extra Time' - written as part of the National Association for the Teaching of English "Speaking Out" poetry module with Year 8 last year. Finally, they finished on an optimistic note, listening to and reflecting on 'Sometimes' by Sheenagh Pugh. To paraphrase the poet herself, if you start the day with poetry in the sun, then hopefully all goes well!



MR HARRIS READING TO Y7

HAVE A READ OF SOME OF OUR STUDENT POEMS!

My life is a universe.
an infinite dream.
the earth is my head
the sun's my leg
my skin is a
rocky terrain
and the stars are my dreams
when a super nova occurs
my dreams just got crushed
but that never happens because I
never give up

I like the rhyming.
I noticed the rhyming being
consistent
I wonder why they word wrong ?
My favourite thing is the rhyming
the poem reminded me of a break up.

I will switch on the lights
I will put on the fire
I will make your bed to rest your head
I will buy you flowers to smell each
day

I will help you when you need
I will always give you fun
I will be here for you
because I'm your grandson



Once upon a time, I didn't have to think
Didn't have to worry, didn't have to blink -
Back any tears or any scary thoughts
Because the world I knew was perfect
And a normal of sorts.

But then it all happened
I lost someone I loved
And everything crumbled
I didn't understand
that normal wasn't real, but I couldn't move on.

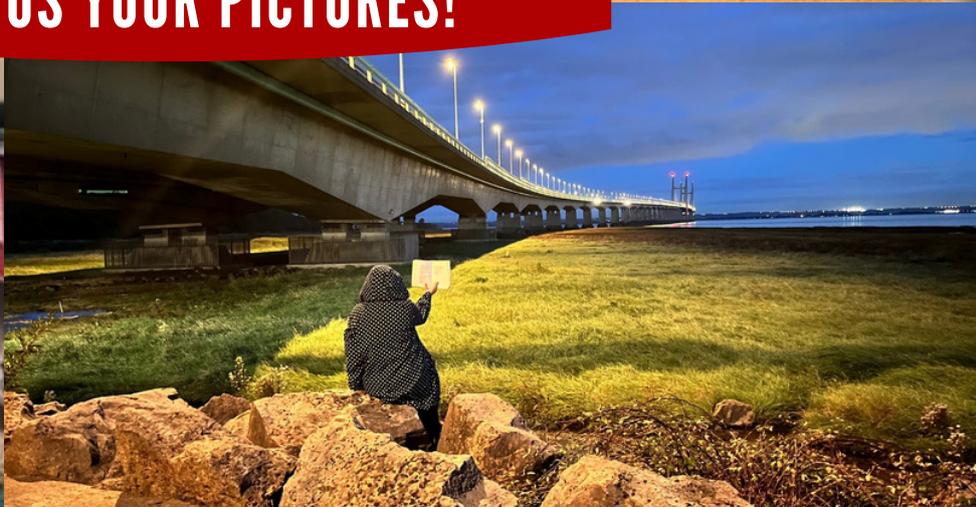
I began to think, began to worry.
Perfect was a vision kept for fairy stories.
But even in the toughest times
I loved him so much
He was there, he was kind
And he was forever mine.



BFS STAFF READING POETRY IN UNUSUAL PLACES



SEND US YOUR PICTURES!



BFS SPORT SUCCESS

Y11 NETBALL FESTIVAL

PLAYERS OF THE MATCH



AMBER H, Y11



AMBER G, Y11



MEGAN, Y11

WELL DONE GIRLS!

On Wednesday afternoon, the Y11 netball team travelled to Clifton College Sports Ground to compete against five other North Bristol Schools for this year's netball festival. Being the reigning Champions of Bristol, the team were quietly confident, but knew they had to work hard to bring the title home one final time. BFS came up against Cotham, Fairfield, and Montpelier High for their initial games and won all three comfortably.

The team proved why they, once again, were the biggest competition of the day, with excellent teamwork skills, communication, attacking speed, shooting and a defence that few players were able to get past.

Our shooting duo made up of Georgia and Amber, grew in confidence and scored nearly 40 goals in just three games. The fourth game BFS were up against a stronger St Bede's side from the friendly match on Monday. At half time, the score was equal at 4-4 and the tension built. However, after a motivational half-time talk, BFS finished the game strong with a 10-6 win, leaving us with one final game to take the win against RGS. RGS were another strong side, also winning all matches so far. At half time, score was 2-1 to RGS and proving to be tough competition. But just as before, when faced with an almost defeat, BFS were able to show the determination needed to get back in the game and finished strong at 6-2. BFS were AGAIN and for the last time as a squad, the North Bristol Schools Champions 2021-22.

Players of the match nominations were awarded to Amber H, Amber G and Megan. However, all players contributed immensely to the tournament, and I couldn't be prouder! Well done to you all. Bring on the Bristol Schools Final against the South!

YOU DON'T HAVE TO BE A RUNNER TO RUN



HEAR FROM MR BEASLEY

You don't have to be a runner to run, or sporty, or fit. In fact, having completed the 26.2 miles of the London Marathon last Sunday along with 40,000 other people, I can confirm that I was overtaken by many people who looked less fit and less healthy than me, but it didn't matter because it's about completing, not competing.

Why run?

If you took up running in lockdown, the likelihood is it was to keep fit. But that's just a small part. It's also part escape, part self-discovery, and part therapy. Get outside into nature and you'll further boost the clinically proven mental health benefits. And for teenagers, who tend to exercise less as they progress through school, there is a proven link between regular exercise and improved academic performance. So however hard it may be to give it a go, "You never regret a run."



My marathon experience

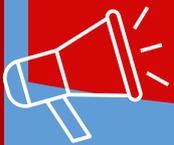
Whilst spending more time outside during lockdown I decided to set myself the challenge of running the London Marathon whilst giving back to a conservation charity, Save the Rhino. I've always had a keen interest in the environment and with climate change and biodiversity now being widely accepted and understood as critical issues, I saw an opportunity to help. There are 5 rhino species, all of which are endangered. And for two of these, the Sumatran and Javan rhino, there are fewer than 80 left in the world. So let's help protect them!

In the past 8 months, I have run over 630 miles and burnt over 72,000 calories. It culminated in the London Marathon last weekend, which was a humbling experience. 40,000 people running for 40,000 personal reasons, but all trying to make it around 26.2 miles of London roads to the finish. By the end, stripped bare of every last ounce of energy, many runners have a feeling of spiritual enlightenment, and what matters to them in life. So on the finish line, there are a lot of very grateful people, often in tears (including me!)

If you care about conservation and the important work of charities like Save the Rhino, your support is massively appreciated. I'm raising money on the Virgin Money Just Giving Page below. Thank you!

<https://uk.virginmoneygiving.com/beasleyruns>

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LET'S HELP SUPPORT WILLIAM, Y9!

I'm raising as much as I can to beat cancer and help everyone who is diagnosed.

I've set this up because my gran died of lung cancer and my granddad has leukaemia. I would like to do as much as I can to support them and everyone else with cancer.

I have had long hair since I was 7 years old and I thought it would be a good idea to get it cut off for charity. I will save the hair and donate it to the Princess Trust so that it can be used in wigs for young cancer sufferers.

Please donate as much as possible. It will be a great help and is for a good cause.

<https://fundraise.cancerresearchuk.org/page/bald-bill>



CANCER
RESEARCH
UK



BFS COOKS



MR HANSFORD

LUXURIOUS CHOCOLATE MOUSSE

Year 10 have started to build their practical skills looking at functions of eggs. Last week was scotch egg (enrobing an egg in breadcrumbs) and this week they made a luxurious chocolate mousse with the yolk added for enriching the mixture and the white whisked to stiff peaks for aeration which makes the bubbly texture of mousse. What is your favourite egg recipe?



PARIS, Y10



MAX, Y10



PEARL, Y10

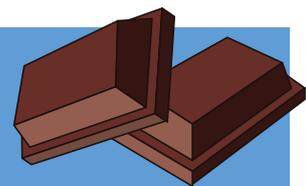
RECIPE



INGREDIENTS

- 200g good quality dark chocolate
- 1 tbsp butter
- 2 tbsp caster sugar
- 300ml double cream
- 1 tsp vanilla extract
- 2 large eggs
- Fruit for garnish

INSTRUCTIONS



1. Tip the chocolate (break into pieces) into a heatproof mixing bowl with the butter, then place over a pan of simmering water and allow to melt, stirring occasionally. Do not let the bowl touch the water!
2. Put sugar, cream and vanilla into a mixing bowl. Whip until silky.
3. Separate eggs.
4. Add the yolks to the cream mixture and mix.
5. Add a pinch of salt to the egg whites and whisk until stiff (hold the bowl over your head for the ultimate test that the peaks are stiff enough!).
6. Spoon the chocolate mixture into the cream. Gently fold the egg whites into the cream and chocolate mixture ensuring that you don't knock the air out of them.
7. Transfer to individual dishes/one large serving dish and refrigerate until ready to serve.
8. To serve, sprinkle with cocoa powder and add fruit on the side



MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, *Mental Health & Safeguarding Manager*



Miss Hastings, *Medical and Mental Health Officer*

PROJECT ZAZI

Project Zazi is the name for OTR's work with young black people and young people of colour and supports them in exploring culture and identity and tackling issues of inequality and oppression.

Find out more here:
<https://www.otrbristol.org.uk/wh-at-we-do/zazi/>



SUPPORTIVE PARENTS

Supportive Parents are announcing some exciting changes. We are changing our name and refreshing our logo – the changes are coming into effect this week. This means that our website will be updated to match our new name, along with our social media channels. We have already started to make these changes on our social media and we are also launching an Instagram account under the new name.

From now on, as an organisation, we will be known as SEND and You - SAY.

The decision to change our name was initiated by feedback from service users, lots of whom felt that the name indicated that we only work with parents, and also that we are a voluntary organisation where parents support other parents. We have since sought further feedback from our service users, staff, trustees, and other professionals and have developed our new name and branding accordingly. Our central aim is to ensure that our name reflects who we are and what we offer - including being able to use the acronym SAY to continue our quest to engage more children and young people directly.

Our goal is to promote and raise awareness of the services that SEND and You, formerly Supportive Parents, offer to children and young people with special educational needs and disabilities, along with their parents and carers in Bristol, South Gloucestershire and North Somerset. We will continue to provide these services as normal throughout this period of transition.

Look out for more information and updates on Facebook, or on Twitter and on our website supportiveparents.org.uk. We will be updating our website soon. If you have any questions about the changes, don't hesitate to get in touch.

SAY



SEND AND YOU
SENDIAS

