

# Newsletter

Dear Parents, Carers and Students

A happy Diwali to our Hindu families for yesterday.

This link from Newsround is very educational if you want to learn more about Diwali celebrations.

<https://www.bbc.co.uk/newsround/15451833>



## COP26

This week the whole world is watching expectantly to see what our world leaders will agree to at COP26 in Glasgow. Climate Change is a crisis that our young people care passionately about and the friction between economic growth and the need to protect our planet needs to be squared over this conference. Young people are looking closely at the decisions made and the engagement over the next two weeks –rightly so.



## BFS ECO TEAM

At BFS we have a passionate Eco team led by Ben B Year 13 and they have engaged in their own climate summit with other young people across the country to debate the issues being considered in Glasgow. The Eco team also have a lot of ideas and plans to reduce the carbon footprint at BFS.

We invite all students at BFS to engage in any way however small with this objective. We need creative ideas for such big challenges ahead and getting involved in school based projects is a great learning opportunity. Further details about how to have your say will follow through the tutor programme and upcoming newsletters.



## YEAR 8 SUBJECT EVENING

Thank you to all the Year 8 parents who attended our virtual subject evening yesterday. It was good to see such a high uptake once again. Feedback regarding the virtual appointments was very positive with parents and teachers last year so we are going to keep this covid adjustment in place moving forward.

## LATERAL FLOW TESTING

Finally, I would like to thank you for your support in ensuring students come to school with face coverings and have registered their LFTs everyday whilst we navigate the next two weeks. Next Wednesday 10 Nov will be our TEST WEDNESDAY to make sure all students can access Microsoft Teams from home. The school gates will be open from 10.30am and students need to be on site for 10.40am ready for period 3 (11.00am). We plan to be prepared for any eventuality yet hope we do not need to use it!

Wishing you a lovely Happy Bonfire Night!



**MRS S KING**

# COVID-19 REMINDERS

We are strengthening our school expectations to protect our school community. An important letter went out to all parents/carers on 3 November, please read carefully.

Identifying positive cases through Rapid Lateral Flow Tests will mean that we can reduce the spread of the virus and minimise disruption to education and to your household. Students should test using LFTs ideally every day or as often as possible during the next two weeks whilst rates are high. Please make sure the test result is reported on Test Register as well as reporting any absence through Study Bugs.

To support increased testing students have been issued with two boxes of home test kits this week.

If your child has tested positive with a PCR test, they should not be tested using a PCR or Rapid Lateral Flow Test again for 90 days, unless they develop new symptoms during this time, in which case they should be retested immediately using PCR. This 90 day period is from the initial onset of symptoms or, if asymptomatic when tested, their positive result.



## KEY DATES

- Thursday 11 November - Remembrance Assembly
- Thursday 11 November - Sixth Form Open Event - Virtual
- Friday 12 November - Sixth Former for a Day
- Monday 22 November - Year 11 and Year 13 Mock exams start
- Friday 3 December - INSET day - school closed for students
- Friday 10 December - Non Uniform Day
- Thursday 16 - December - Last Day of term – school closes 12.30pm

# COP26 IS HERE! 1-12 NOVEMBER



COP26, now six years after the Paris Agreement, is a time for parties to assess progress made so far and agree on the process for moving forward to address climate change and to make this target a reality.

COP26 will allow the 197 parties to agree on actions in different areas that will tackle climate change and benefit the entire planet.



## WHAT IS COP26?

### Origins:

In 1992, the United Framework of Convention on Climate Change (UNFCCC) bound nations together to avoid dangerous climate change and find new ways to reduce greenhouse gas emissions (GHG). COP stands for Conference of Parties under the UNFCCC and the annual meetings have swung between moments of triumph (Paris-2015) and disaster (Copenhagen-2009).

### Paris 2015:

The Paris agreement committed nations to limiting the rising global temperatures to no more than 1.5 degrees Celsius, although the agreement stretches to 2 degrees. It was known at the time that the commitment made would not be sufficient to limit temperature rise to 1.5 degrees so it was arranged that nations would meet every 5 years to re-establish those commitments, the next one being now.



# WHERE IS IT HAPPENING AND WHAT ARE THE GOALS?

This year, COP26 is being held in Glasgow and 120 world leaders have come together to discuss plans for the future of our planet with talks having started on 1 November. There are four major goals this year:

- Secure global net zero emissions by the mid-century and keep 1.5 degrees Celsius within reach
- Adapt to protect communities and natural habitats
- Mobilise finance – ensure that money is available to fight climate change
- Work together to deliver a sustainable future



**HUGH, Y12**

## KEY EVENTS OF COP26 SO FAR!

1. World leaders have agreed to end deforestation including key figures like Xi Jinping (China), Jair Bolsonaro (Brazil) and Joe Biden.
2. Biden has announced a pledge to cut global methane emissions by 30% by 2030.
3. Mark Carney (financial adviser for COP26) is looking to move trillions of dollars of private capital towards supporting clean technology.
4. More than 40 countries shift away from using coal, but big names China and the US haven't signed up yet.



# WHAT PART CAN WE PLAY IN HELPING THE CLIMATE?

Whilst world leaders address the major issues associated with climate change, 'ordinary' people still play a major role in trying to reduce the rising temperature to 1.5 degrees Celsius. Bristol Free School is a green site with trees and uses wooden cutlery instead of plastic, and you can do more to help. That can be as simple as walking to school one day more than you would or trying to reuse and recycle as much as you can - which is getting easier due to the great work the council have done. A recent study proved that those who swap just one trip per day from car to walking/cycling reduce their carbon footprint by about 0.5 tonnes every year which is crazy and super easy to do. You can also follow the news/activists like Greta Thunberg or join charities like Greenpeace who use your money to make the planet a healthier and greener place.

There are so many simple ways we can all reduce our carbon footprint and impact on the world that really don't take much altering of your life and it is something we can all do. So, I challenge you to try and find something to adapt in your lifestyle personally or at home to reduce your effect on the planet to try and reach the overall target of limiting the rise in temperature to 1.5 degrees Celsius.



## BRISTOL CLIMATE CHANGE CONFERENCE

Our BFS Eco Group attended and contributed to the Bristol climate change conference this morning. This conference involved other Bristol schools and ran as if students were taking part in global negotiations at COP26. Groups were assigned a country and asked to prepare a opening speech and represented our country's views and addressed 3 key questions. Well done Susie, Maha, Dylan, Ben & James!



## BRISTOL CLIMATE CHANGE CONFERENCE

**Q1: PROGRESS SINCE PARIS 2015: IS SUFFICIENT PROGRESS BEING MADE ON ALL COUNTRIES' EMISSION TARGETS?**

**Q2: RAISING GLOBAL AMBITION - IS YOUR COUNTRY WILLING TO DO MORE, EVEN BEYOND ITS PARIS 2015 TARGETS?**

**Q3: ACTIONS & REGULATIONS - HOW FAR CAN COOPERATION ON CITIES, ENERGY & FOOD AND OCEANS HELP TO RAISE GLOBAL AMBITION?**

# BFS COMPUTER SCIENCE



## CYBERFIRST GIRLS DEVELOPMENT DAY

Congratulations to Emily, Ellie and Rosie for participating in CyberFirst Development Day at Bristol University. The day was full of activities, playing the role of cyber security experts for a fictitious app company, Sirius Cyberworks. Great to see many girls interested in cyber!

The course contents were designed around four main modules.

1. Digital Forensics
2. Cryptography
3. Penetration testing
4. Open source intelligence



**MRS RAMANANDI**



## UPCOMING EVENTS & COMPETITIONS



### UK Bebras Computational Thinking Challenge 2021

The Bebras Computing Challenge introduces computational thinking and problem solving skills to students. It is organized in over 50 countries and designed to get students all over the world excited about computing. All KS3 and KS4 computer science students will participate in Bebras Challenge 2021 in between 8 November to 19th November during computer science lessons. Practice problems are shared in classcharts for all KS3 students.

### Cyber First Yr8 Girls Competition 2022

Fantastic opportunity for girls to discover the exciting world of cyber security and win prizes along the way. Groups of 4 girls can participate in the competition. Qualifying round will be between 29 November to 8 December.

- There will be 13 simultaneous finals held across the country, with a final for each of the home nations and English regions.
- Individual and Team prizes to be won throughout the competition.
- A grand prize giving and celebration day will be organised for all finalists and prize winning teams by CyberFirst.



# BFS COMPUTER SCIENCE

## AWS Get IT App Building Competition 2022 for Y8

AWS GetIT is an initiative designed by Amazon Web Services (AWS) to encourage students aged 12-13 to consider a career in tech.

Running between the autumn and spring terms of the school year, AWS GetIT invites teams from different schools to an app-building competition to solve real issues faced by their school or community. Along the way, participants learn practical digital and IT skills, experience working as a team, and gain self-confidence by presenting ideas to wider audiences – all while being exposed to IT as a potential career. AWS GetIT assembly to follow with more details.

Registration for the competition will start from 8 November.



## Cyber Taster Day at University of the West of England (UWE)

On Friday 7 January 2022, UWE is inviting year 8 / 9 students (12 – 14 years) from schools and academies across the West of England region to participate in a day of employer-led participative cyber activities. The aim of the programme is to excite and engage young people in finding out what cyber is and to develop some cyber security skills.

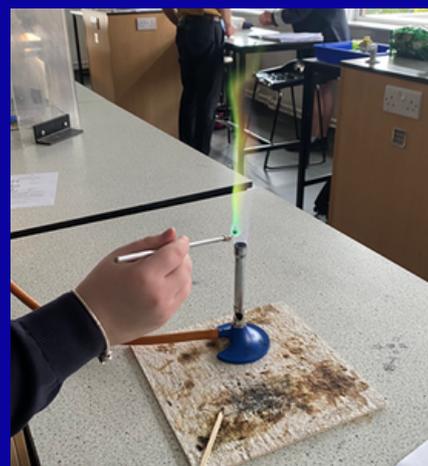
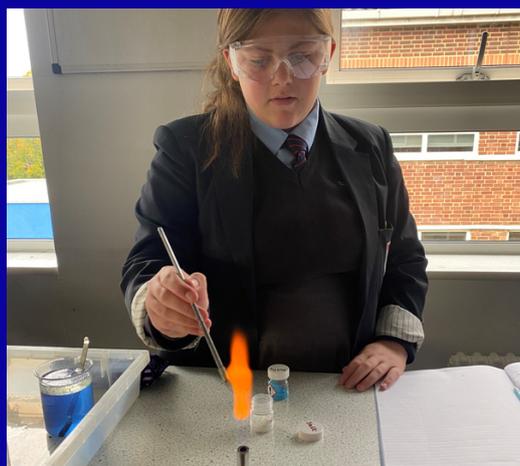
For more information regarding any of the above programme/competitions, students are encouraged to contact Mrs Ramanandi via email or meet personally at CG14.



## BFS SCIENCE GUY FAWKES PRACTICAL



Year 10 had an absolute blast in their Bonfire Night themed Science lesson today- learning how different fireworks get their colours, making some sparkling water fireworks and how combustion works with a spectacular demonstration from Miss Hawes. What a whizz-bang way to start the weekend!



# BFS MFL THE LANGUAGE AMBASSADOR SCHEME



MR NOUAS

## LANGUAGE AMBASSADORS ARE RECRUITING!

• If you have a passion for languages or learning about different cultures and would like to be a Language Ambassador, please let your tutor know if you are interested in signing up to the scheme or email Mr Nouas

([y.nouas@bristolfreeschool.org.uk](mailto:y.nouas@bristolfreeschool.org.uk))

• A letter and application form will then be sent to those who are interested and you will have until **Monday 15 November** to complete this electronically and return it to Mr Nouas ([y.nouas@bristolfreeschool.org.uk](mailto:y.nouas@bristolfreeschool.org.uk))

• Successful candidates will be contacted by Mr Nouas after the deadline. We look forward to hearing from you!

## NEW CHALLENGE!

*The language ambassadors present...*

*the challenge*

*If you'd like to prove your talent with foreign words and claim a house point as well, then simply learn five (or more) foreign ways to say hello out of the thirty three languages spoken in school by students, come over to an MFL classroom, recite, and you're golden!*

*Languages spoken at school:*

Arabic	12
Urdu	10
Tamil	5
Bengali	5
Chinese	5
Farsi / Persian	5
Polish	3
Hungarian	3
Mandarin / Mandarin	3
Hebrew	3
Beraman	3
Albanian	3
Punjabi	3
Malayalam	3
Kurdish	3
Yanish	3
French	2
Romanian	2
Thai	2
Italian	2
Japanese	2
Kannada	2
Singhalese	1
Hindi	1
Portuguese	1
Albanian	1
Russian	1
Korean	1
Turkish	1
Telugu	1
Vietnamese	1
Bulgarian	1



DARIO, Y10





# MENTAL HEALTH & SAFEGUARDING

*Mental Health & Safeguarding Support, Advice & Information*



*Ms Townsend, Mental Health & Safeguarding Manager*



*Miss Hastings, Medical and Mental Health Officer*

## COPING WITH EXAMS

Being well prepared for your exams is the best way to overcome stress and anxiety, and gives you the best chance of getting good grades. Pressure to do well in exams can be overwhelming and affect your mental health. Here's our advice if it's all getting a bit too much. It is normal to feel a bit worried about exams, especially if you feel you are under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, [tellsomeone@bristolfreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk)

## REVISION TIPS

### TIMETABLE

Try breaking it up into chunks and creating a daily timetable so you know what you want to study when. This can make revision feel less overwhelming and much more manageable.



### BE REALISTIC

Be realistic about what you can achieve in a day. An unrealistic revision plan won't help you and will put you under unnecessary stress.



### TAKE BREAKS

Make sure you take regular breaks from studying. Your brain cannot concentrate for hours at a time.

### DO WHAT WORKS FOR YOU

Not everyone studies the same way. Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.

### FOCUS ON YOU

Focus on you and don't compare yourself to others. It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok.



[TELLSOMEONE@BRISTOLFreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk)





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## KEEP IT IN PERSPECTIVE

“ What success really looks like is a lot of ups and downs, as opposed to the straight line we all imagine. Without failure we cannot grow, and without failure there is no success. ”

Ulfa, activist

“ I'm not an 'exams' person, I'm a practical person, and there are lots of people like me who can't stand exams but will go far with their practical skill. ”

Joel, activist

“ Exams aren't the be all and end all. There are so many wonderful things about you not determined by exams. There is a future without exams and you will get through. ”

“ Take lots of breaks, look after yourself. Your mental health is so much more important than how you do in exams, there are always other options if you don't do as well as you want to. ”

“ You've already achieved so much and will achieve more. If need be, these exams can be redone. Creating an immense amount of stress for yourself may lead to things which can't be undone. Look after yourself first. ”

“ Look after yourself and try your best. ”

## GET SUPPORT NOW

**Tips on preparing for exams -**

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/>

**Exam Stress - A guide for young people -**

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/?acceptcookies=>

**Talk to us - Ms Townsend and Miss Hastings are available in DF29**

**Better Health every mind matters**

### YOUR MIND PLAN

Answer the 5 questions in this interactive quiz to get top tips and advice that work for you

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

**TELLSOMEONE@BRISTOLFreeschool.ORG.UK**





# MENTAL HEALTH & SAFEGUARDING

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## ANNA FREUD PARENT/CARER OFFER



We would like to invite you to attend a 4-week online "Connecting parent/carer" group, starting in the week of 15 November 2021, in collaboration with the Anna Freud Centre Schools Support Service. There are 5 groups on offer running for 1 hour on different days and times. Each group will be offered to parents/carers from a variety of secondary schools and will be closed once at capacity (max. 12 spaces per group). However, more groups will be offered in the winter term to ensure that every parent/carer interested will be able to access a group.

In the week of 8 November, one week before the groups start, an online "intro meeting" will be held by each group facilitator on the day and the time their group will run, meaning any parent/carer interested in the group can attend to hear what the group is all about, to meet the group facilitator and to ask questions. This is to ensure you have all the information needed to decide whether the group is for you. After that, you will be asked to register for the actual group and places will be allocated on a first come first serve basis.

## INTRO MEETING LINKS

Intro meeting Monday 8 November 12pm-1pm, register here:

<https://annafreud.zoom.us/j/8456789012>

Intro meeting Tuesday 9 November 1pm-2pm, register here:

<https://annafreud.zoom.us/j/9012345678>

Intro meeting Wednesday 10 November 12pm-1pm, register here:

<https://annafreud.zoom.us/j/0123456789>

Intro meeting Wednesday 10 November 5.30pm-6.30pm, register here:

<https://annafreud.zoom.us/j/1234567890>

Intro meeting Thursday 11 November 12pm-1pm, register here:

<https://annafreud.zoom.us/j/2345678901>





# MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

## ANNA FREUD PARENT/CARER OFFER

### WEBINAR SERIES



#### WEATHERING THE STORMS OF STRONG TEEN EMOTIONS: DO'S, DON'TS AND WHEN TO CONSIDER TALKING TO SOMEONE

Date: Tuesday 16 November  
Time: 5-6pm  
Venue: Virtual via Zoom

Register in advance for this meeting:  
<https://annafreud.zoom.us/j/92017568456>

#### MANAGING TEENAGE BEHAVIOUR THAT CHALLENGES: TIPS AND TRICKS

Date: Monday 29 November  
Time: 12-1pm  
Venue: Virtual via Zoom

Register in advance for this meeting:  
<https://annafreud.zoom.us/j/92017568456>



These parent/carer groups have been running since January 2021 and have been very positively received. Feedback from parents has included: "I think it was perfectly pitched and I felt supported and listened to. A big thank you." "Very reassuring to hear so many parents of teens telling very similar tales of struggle." "I have been telling people to go to the group if it is offered again - the value is not just in meeting other parents - it is in the tools shared- the most helpful - the emotional thermometer".





**MS FARRANDS**

# THE BEST BELGIAN WAFFLES



## RECIPE

### INGREDIENTS

- 2 cups plain flour
- 4 tbsp sugar
- 4 tsp baking powder
- ½ tsp salt
- 2 eggs
- 1 ½ cups milk
- 6 tbsp unsalted butter
- 1 tsp vanilla ext

### METHOD

- Pre heat waffle iron
- Mix dry ingredients in large bowl/jug
- Melt butter in a mug for a few seconds in the microwave – BE CAREFUL!
- Mix eggs/milk/vanilla in a small bowl then add butter and add to the dry ingredients
- Mix but keep some lumps – DON'T OVER MIX
- Spray the waffle iron with oil spray and add your mix... Cook until they are golden brown and crispy – ENJOY!

