

# Newsletter

Dear Parents, Carers and Students

I hope this newsletter finds you well.

## COVID RATES

I am pleased to let you know that our covid rates have dropped back dramatically and we can start to open things up again. This includes clubs and sport fixtures. We still remain cautious but it is very good news compared to the situation before the half term break.

## SIXTH FORMER FOR A DAY

I would like to thank Mr Smith and the Sixth Form team for organising a fantastic Sixth Former for a Day last Friday. Year 11 approached the day very maturely and seemed to enjoy their taster lessons and the Sixth Form cafe food.



## YEAR 11 & 13 MOCKS

I would like to wish Year 13 and Year 11 good luck for their mock exams next week. We have included a copy of the exams timetable in this newsletter if you need to check any details. I am very interested to receive the final guidance from JCQ regarding the planned summer exams, it is likely there will be teacher assessed grades submitted alongside exams. Mr Fernandes will be organising an information event for parents/carers when more information and details about the summer exams are known.



## CHILDREN IN NEED



Today is Children in Need and we have organised a collection to support this good cause. The next non uniform day has been planned for Friday 10 December by our Sixth Form leadership team.

## BRISTOL FOOD BANK

This Christmas we will be supporting a Bristol food bank. Students will be asked for food and gift donations instead of the usual money and student volunteers will deliver the collection for those less fortunate.

I do hope you enjoy this week's newsletter. Thank you to Courtney Billing who does such a fantastic job every week pulling it together.



**MRS S KING**

# BFS SIXTH FORM



MR SMITH

## SIXTH FORMER FOR A DAY

On Friday 12, we were pleased to host our Year 11 cohort as Sixth Formers for the day. The normal lesson timetable was replaced by a Sixth Form programme of study so that students could experience Sixth Form life and participate in taster sessions in those courses which they may wish to choose to study next year. Those Year 11s who were contemplating college or apprenticeships for next year also had the opportunity to hear from SGS College and City of Bristol College about their post-16 offer. The colleges also provided taster sessions in courses such as Engineering, Health and Social Care, Sport and Construction. We also celebrated the hard work of our Year 11 cohort as they prepare for their mock exams by providing a much-enjoyed BBQ lunch. If you are a student, parent or carer and would like to hear more about applying for BFS Sixth Form, please visit our website or email us on [sixthform@bristolfreeschool.org.uk](mailto:sixthform@bristolfreeschool.org.uk)



## KEY DATES

- Monday 22 November - Year 11 and Year 13 Mock exams start
- Friday 3 December - INSET day - school closed for students
- Thursday 9 December - Robin Hood at Bristol Old Vic Trip - Year 7 TG4-7
- Friday 10 December - Non Uniform Day
- Tuesday 14 December - Robin Hood at Bristol Old Vic Trip - Year 7 TG1-3
- Thursday 16 - December - Last Day of term – school closes 12.30pm

# BFS ECO CLUB



**BEN, Y13**

After forming the Eco Group last term, we have begun to meet - there are about 10 of us from across the school, all with our own ideas for how we can make change in the school. First we want to tackle recycling in classrooms, and to speak with the canteen staff about packaging and food waste. We are also hoping that in the spring we can create some green walls for the school site, to help support nature at BFS.

As a part of the Eco Group, Maha, James, Susie and Dylan and me took part in a model COP26 conference. The conference was split into two parts: firstly a Model United Nations-style conference, where we represented Brazil. Given the circumstances of Brazil, much of the time was spent debating with other countries about management of deforestation. The second half of the conference was focussed on local climate action, where we learnt what schools in Bristol were doing for the climate, and spoke to local businesses about how we can help. GENeco, a Bristol waste company, gave us some tips on how we can deal with waste in the canteen. Overall, the morning was interesting and useful for helping our plans this term.



Our Climate, Our Future



TAKE  
CARE  
EARTH

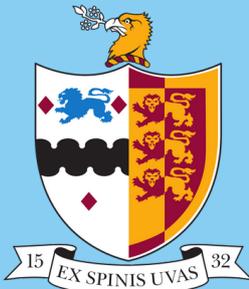
# MODEL COP 26 CLIMATE CONFERENCE

## PLEDGES FROM BEP SCHOOLS

### BRISTOL EDUCATION PARTNERSHIP



COLSTON'S



#### **Colston's School:**

1. New recycling bins 2. Rewilding our school grounds 3. Let's Go Zero Campaign by 2045.

#### **Bristol Free School:**

We feel the most important issue to deal with in school is tackling waste - plastic waste, poor recycling and excessive food waste.

#### **QEH:**

Changing to locally sourced food in the cafeteria and using odd shaped fruit and vegetables which otherwise would be thrown away.

#### **Cotham School:**

We would like to set up a climate club to petition for change by our SLT on some of our activities. We would also like to come up with a project to make our space greener!

We would love to work with Bright Green Future group on our project!

#### **Redmaids' High School:**

Promoting biodiversity through the creation of special wildlife areas and planting initiatives of things such as bulbs, to offset our carbon footprint.

#### **BGS:**

we pledge to discourage fast fashion and to put this in action, we have a clothes swap at Christmas time we also plan to plant more around the school especially in areas lacking biodiversity

#### **Clifton College:**

1. more recycling bins 2. encouraging more green transport for students 3. fundraising for climate 4. more vegan options

#### **St Brendan's:**

We have established an environmental group which aims to increase biodiversity.

# ANTI- BULLYING WEEK 2021

It's #AntiBullyingWeek this week and we would like to encourage all in our community to pass on One Kind Word. At BFS, bullying is never okay. All students can report experiences and seek support by emailing [tellsomeone@bristolfreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk) You are never alone!

This week students have been discussing 'Is banter an excuse for bullying?' in tutor time. Why not continue the conversation at home!

**ONE  
KIND  
WORD**

#ANTIBULLYINGWEEK

## Is banter an excuse for bullying?



Do you think that young people **need to** know what is **acceptable banter**?

What could you do to be more **considerate** of other **people's feelings**?

At what **point** do jokes or banter become **unacceptable**?  
Where is the **"line"** for you?



## HEAR WHAT SOME OF OUR KS3 STUDENTS HAVE TO SAY...

### Year 7

'Banter can be bullying without meaning to' (Finlay)

'Banter can still be hurtful' (Chloe)

'Banter can cross the line from teasing to bullying' (Matthew)

'Banter is common between friends, but it is important to know where the line is' (Yoli)

'It isn't banter when someone stops finding it funny' (Chloe)

### Year 8

Rosabelle - 'Banter can be bullying but it depends on if you're close with the person and if they do it back to you. There are limits to reach when bantering with a close friend.'

Pranav - 'Banter is not bullying because you could use it to help a friend who is down for inspiration.'

Fred - 'Even if it's just 'banter' it's still bullying, and the other person might not like it.'

### Year 9

'It's sometimes hard to know if your jokes are upsetting someone - if somebody feels upset by a joke I've made, I would always want them to let me know''

"Sometimes people will use banter as an excuse for bullying, but it is never okay if it hurts someone's feelings"





# BFS CROCHET CLUB

Crochet Club started at BFS on Wednesday 17 November. It was a fantastic session with a marvellous turn-out! We had a mixture of abilities from students who are already quite confident with crochet, through to those who are complete beginners. We are planning to eventually make a BFS 'tapestry' (alongside individual projects) so watch this space...!

Due to phenomenal demand, we are not able to accept any more students to join at this point. However, please speak to Miss Rowden if you have any further questions.



## SCIENCE PRACTICAL - YEAR 7

Miss Goodbody's class have been working hard on their practical skills in Science this term. Last week we concentrated on states of matter and the changes between solids, liquids and gases, finding melting and boiling points. Today we focussed on dissolving and evaporation, with some great bunsen burner technique. Well done everyone!



# Y7/8 SPORTS HALL ATHLETICS

Miss Hammond and Mrs Wynne-Jones took 30 superstar athletes to compete at the qualifying sports hall athletics competition at RGS.

They were competing against 4 other schools in both track and field events. The students worked so hard in all their events and really did BFS proud!

Our Y7 boys, Y8 girls and Y8 boys came 3rd in their competitions. Y7 girls came 1st and have now qualified for the sports hall athletics final in December. Well done all!



**10 OF OUR STUDENTS WERE GIVEN SELECTION LETTERS FOR THE AVON  
SCHOOLS SPORTS HALL ATHLETICS COMPETITION IN JANUARY!**



# YEAR 7 NETBALL FESTIVAL

On Wednesday, the Year 7s had their first ever North Bristol Netball Festival at Clifton College Sports Ground. The team were against three other schools in their pool: Montpelier, OAB and OSB. By winning all three games comfortably and scoring more than 10 goals with 0 scored against them, the team qualified for the semi-final as winners of the pool. In the semi-final they faced Cotham and won 3-1, making it through to the final meaning they had to play RGS who were a strong side. The game ended 0-2 to RGS, making BFS vice champions.

The team were proud of their achievement, coming 2nd place out of 8 schools in their first ever tournament. Players of the match were awarded to Imogen, Sophia and Rosie. Well done to all, team PE and BFS are proud!

## PLAYERS OF THE MATCH



**ROSIE, Y7**



**IMOGEN, Y7**



**SOPHIA, Y7**



# BFS CAREERS



**MR  
PARRY**

HEAD OF BUSINESS AND  
CAREERS LEADER

## CAREERS EVENTS AND OPPORTUNITIES

### Rolls Royce- School Leavers and apprenticeship programmes

- Rolls Royce offers a good array of school leaver and apprenticeship programmes that are a great career route for some of our students. Please see more details and some informative videos about the different career routes on the website below:

<https://careers.rolls-royce.com/students-and-graduates/apprenticeships-and-school-leavers>



Believe in yourself  
& Build a bright future

Our apprentices join us for all sorts of reasons. Why will you?



**Burges  
Salmon**

### Burges Salmon- Legal Apprenticeship Open Evening on Monday 22 November 6pm

Burges Salmon will be holding an event to publicise their legal apprenticeship opportunities on Monday 22 November 6pm at their offices, near Temple Meads Station. Although they will be recruiting for students who are due to finish their A-levels in this academic year, the event is open to all and may be helpful to students thinking about their A-level choices, or what to do next.

For more information: <https://careers.burges-salmon.com/jobs/event/legal-apprenticeship-open-evening-/7/detail/0/>

**pwc**

### PWC- School and College Leaver opportunities

The School and College Leaver opportunities give students the chance to earn while they learn, and start their career straight from school. For more information:: <https://www.pwc.co.uk/careers/student-careers/school-careers.html>

### ACCESS CREATIVE COLLEGE OPEN DAY:

This is being held on Saturday 27 November, and will provide information on a wide variety of courses in media and performance. Register here: <https://www.accesscreative.ac.uk/openevents/saturday-27th-november/>

**access  
creative college**



## CAREERS INFORMATION- POST 16 OPTIONS

A vast majority of our Year 11 students will be considering and making applications for their post 16 options. Year 11 students have been supported in their tutorial sessions learning about apprenticeships, post 16 option routes and different career pathways. They have also had one to one careers guidance sessions with a level 6 qualified careers adviser and most recently the successful 6th former for the day event.

We are delighted to hear that so many of our Year 11's want to continue their studies with us at our sixth form. There are also post 16 providers in our local area that some students will consider. We would encourage students to use the careerpilot website when exploring courses and possible career paths.

**Careerpilot**

<https://www.careerpilot.org.uk/job-sectors>

<https://www.careerpilot.org.uk/courses>

**The post 16 directory**- Bristol City council and have created a directory brings details of the schools, colleges and training providers in the Bristol Local Authority area together into one place.

**Please see more information and a link for the directory here:**

<https://www.bristol.gov.uk/schools-learning-early-years/where-you-can-get-post-16-education>



## THE MOST POPULAR POST 16 DESTINATIONS FOR OUR YEAR 11 LEAVERS IN PREVIOUS YEARS OTHER THAN BRISTOL FREE SCHOOL WERE:

**City of Bristol College**  
[www.cityofbristol.ac.uk](http://www.cityofbristol.ac.uk)

**- 4 centres:**

College Green  
Ashley Down  
South Bristol Skills Academy  
AEC – Engineering & Motor Vehicle



**What they offer - In their own words**

Our comprehensive curriculum offer means that our students are able to develop the skills, knowledge and qualifications they need to get a job, start a career, progress to university or improve their independence.





## SGS College - 5 Campuses: Filton, WISE, Stroud, Queens Road Berkeley Green

[www.sgscol.ac.uk](http://www.sgscol.ac.uk)



### What they offer - In their own words

At South Gloucestershire and Stroud College (SGS), we strive to provide clear, high quality professional and technical routes into apprenticeships, employment and self-employment as well as to Further and Higher Education alongside robust academic routes. To support progression, we provide high-quality career pathways in each of our departments through Intermediate, Technical, Academic, Higher and Professional qualifications.

## POST 16 SPECIALIST COLLEGES AND TRAINING PROVIDERS



### Access Creative College - Music, Games and Media

[www.accesscreative.ac.uk](http://www.accesscreative.ac.uk)

### What they offer - In their own words

We are a national post 16 provider specialising in aspects of the creative industries.



### Boom Satsuma - Creative & Digital Media/Games, Sports Media Performing & Production Arts

<https://www.boomsatsuma.education/>

### What they offer - In their own words

Boomsatsuma is a leading post-16 education provider for aspiring creatives in the South West. Our mission is to fuel the next creative generation by offering A-Level equivalent qualifications through project-based learning, delivered alongside some of the most impressive creative professionals in the UK.



### Bristol City Community Trust Education (Football Club)

<https://www.bcfco.uk/robins-foundation/education/>

### What they offer - In their own words

The Trust recognises the positive role it can play within the community, so in 2011 it created a unique sporting academic programme with the aim of tackling the education inequality that exists within the city.



View the range of post-16 courses on offer at the Robins Foundation.



View the range of higher education courses on offer with Bristol City Robins Foundation.



**Bristol Technology and Engineering Academy - STEM Qualifications**  
[www.bteacademy.co.uk](http://www.bteacademy.co.uk)

**What they offer - In their own words**

Bristol Technology and Engineering Academy opened in 2013 in a brand new purpose build facility designed to support the delivery of Science and Engineering. It benefits from enhanced specialist equipment in all areas, giving students an experience they will not get in most other schools.



**On Site -Construction Apprenticeships**  
[www.onsitebristol.co.uk](http://www.onsitebristol.co.uk)



**What they offer - In their own words**

On Site Bristol provides an extensive programme of Construction apprenticeships in partnership with local employers of all sizes. All of our programmes are designed to allow progress to Advanced Level Apprenticeships and those who successfully complete continue into sustained careers. On Site aims to match candidates with suitable employers and we do this by building a list of eligible applicants from December onwards. Every apprentice has a dedicated Training Officer who manages their journey; supporting young people and employers as necessary.



**Reflections Hair Academy- Hairdressing & Barbering**  
[www.reflectionstraining.co.uk](http://www.reflectionstraining.co.uk)

**What they offer - In their own words**

Reflections Training Academy offer a range work-based apprenticeship programmes from our nationality recognised Hairdressing and Barbering programme through to our new business development apprenticeships including Business administration, customer service and management. All within our state-of-the-art facility in the heart of Bristol.





# MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

## MOVEMBER - MEN'S MENTAL HEALTH!



NHS Practitioner Health



Movember is the event during the course of November where men grow out their moustaches to raise awareness for men's health, from prostate cancer to men's suicide. The importance that these are brought to everyone's attention has never been more relevant than the last few years. The national lockdown meant that a lot of people, including men, suffered from depression without anyone to talk to. And so, the event of Movember means that all these very preventable deaths are brought to light and any men going through times of struggle know they are not alone and supported by those around them.



AMEER, Y13



I think it's really important to raise awareness for and research about Movember and men's health so we're all aware of the realities surrounding this topic. A lot of issues regarding men's health have not been addressed sincerely in the past such as mental health and suicide. Despite a growth in facilities and support for these issues, presently 75% of all suicides are committed by men. Due to the reality that statistics like these bring to light, it's so vital to raise awareness and support men's health not only in Movember but throughout the year to help men live happier and healthier lives.



LILY, Y13



Mr Walker & Mr Lam are many in our school community growing a moustache all month to raise money for men's health.

**NO FACT**

The Latin for moustache roughly translates as 'Oh my golly gosh you look so cool can I please be your friend'

**MOVEMBER.COM**



**DON'T LOSE TRACK OF YOUR FRIENDS WHEN YOUR LIFE GETS BUSY. IT DOESN'T TAKE MUCH TO GET IN TOUCH WITH YOUR MATES.**

STAY HEALTHY; STAY CONNECTED.

**MOVEMBER.COM**

**SPEAK UP**

... for men's mental health

**1 in 4**  **MEN ARE AFFECTED BY MENTAL HEALTH PROBLEMS OR ILLNESSES.**

**Let's Talk About It**





# BFS COOKS



**MRS FORD**

## FRESH MUSSELS

This week we were very lucky to be a pioneer school in a new initiative being provided by Food Teachers Centre called Fish Heroes where fresh mussels grown on ropes off the Cornwall coast were donated to the school by companies Offshore shellfish, Fowey shellfish Co. and M&J seafood. The initiative aims to give school students the chance to work with fish and seafood and try foods that they otherwise might not come across. Mrs Ford jumped at this chance for our students to try this amazingly nutritious, quick and easy to prepare protein source and take advantage of such a great opportunity for our students to up their skills.

The two Year 10 classes had the chance to cook the classic dish Moules Mariniere using cream and non alcoholic wine and as you can see from the pictures did themselves very proud, not only plating up very high-quality restaurant style dishes but getting stuck in and trying the mussels too.



Well done year 10! For more pictures please head over to the food Instagram account @bristolfreeschoolfood



## RECIPE



### MOULES MARINIERE



#### INGREDIENTS

- 1 small finely chopped shallot
- 1 garlic clove (optional)
- 2 sprigs chopped parsley
- 100ml fish stock or non-alcoholic white wine
- 500ml mussels
- 5g butter
- 5g flour
- Pinch salt and black pepper
- 50ml cream



#### 1. CHECK Mussels are all alive.

- check through mussels one by one
- If they are tightly closed, they are good
- If slightly open. Give them a squeeze and a tap- if they close up, they are still good to use.
- Throw out any that stay open/do not close up at all
- If they are off, they will smell rancid.
- Scrape off any barnacles that may be on the shells
- Remove any Byssus threads or beards that are protruding from the closed-up shells.
- Wash the mussels thoroughly in a colander under cold water.

#### 2. PREPARE stock items

- Use half a fish stock cube and make up 200ml of stock with boiling water
- Finely dice the shallot
- Peel and crush garlic if using,
- Finley chop parsley set half aside for garnishing.
- Prepare beurre manie (mix the butter, flour and salt and pepper together to form a ball in a small bowl.
- Measure out 50ml cream.

#### 3. COOK

- Take a large saucepan with a lid that fits, put it on to start warming on a high heat
- Add chopped shallot, parsley, non-alcoholic wine or small amount of fish stock and the prepared and washed mussels
- Cover with the tight-fitting lid
- Cook over a fierce heat for 5-6 mins or until the shells have all opened.
- Drain off the cooking liquid into a mixing bowl using the colander
- Cover the mussels to keep them warm.
- Pour the cooking juice back into the saucepan, add the rest of your fish stock
- Bring to the boil
- Stir in your beurre manie until it has all melted.
- Add the cream and heat through, it should thicken slightly.
- Add the muscles back in to make sure they are piping hot,
- Plate in a bowl with some toasted crusty bread.

Now Eat!

# LOOK AT THE DELICIOUS RESULTS!



**CELEBRATE YOUR CULTURE WITH US BY SHARING A FAMILY FAVOURITE RECIPE**  
**NEWSLETTER@BRISTOLFREESCHOOL.ORG.UK**