

Bulletin

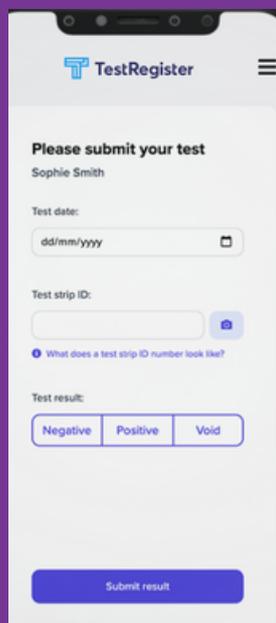


CONGRATULATIONS TO ELSIE, ZOE AND ISLA IN YEAR 9 WHO RECENTLY ATTENDED CRICKET TRIALS TO REPRESENT GLOUCESTERSHIRE COUNTY AND WERE ALL SUCCESSFUL

KEY DATES

- Tuesday 14 December - Robin Hood at Bristol Old Vic Trip - Year 7 TG1-3
- Wednesday 15 December - Sixth Form Christmas Social
- Thursday 16 December - Last Day of term – school closes 12.30pm

COVID-19 TESTING



Taking a rapid COVID-19 test twice a week, even if you do not have symptoms, will help us stay ahead of the spread of the virus, particularly as new strains appear. Please continue to test twice-weekly. The result of a rapid test could be positive, negative or even void. But whatever it is, it should be reported straight away, every time. Recording all test results helps scientists stay ahead of the virus by spotting new outbreaks quickly and advising how to respond.

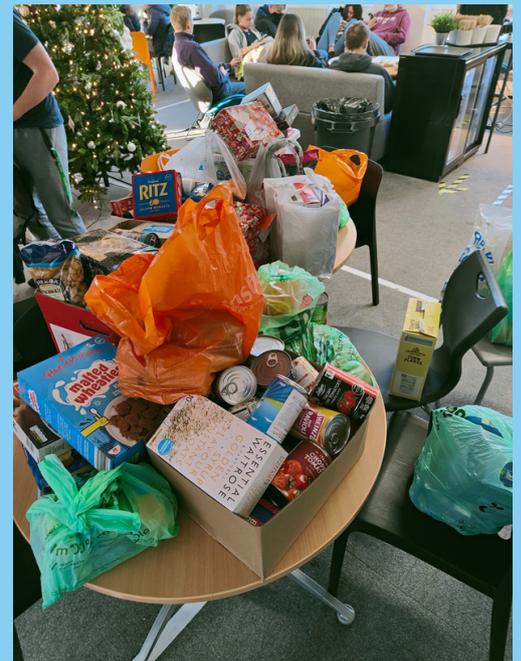
Please continue to log your test via Test Register www.testregister.co.uk



EMMA, Y13

We don't think anyone in our community should have to face going hungry. That's why we are supporting North Bristol Food Bank on 10 December 2021. North Bristol Food Bank provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

We have been overwhelmed by everyone's generosity. Thank you to those who have donated! How amazing is our school community?



PARENT SURVEY RESULTS

WHAT WOULD YOU LIKE TO SEE IMPROVE AT BFS IN THE NEXT 12 MONTHS?



WHAT DO YOU LIKE MOST ABOUT BFS?



NEXT STEPS

- We spoke to a range of students about the types of clubs and enrichment opportunities they are interested in. This has been shared with staff and we are planning a wider extra curricular offer after Christmas holidays - covid restrictions permitting
- Interim progress reports will be issued in mid January with explanations for the new Y7, Y8 and Y9 Stages system.
- We will be hosting a LIVE event for parents of Y11 and Y13 in early January about the summer exams 2022 and the way we will be supporting students in the lead up to exams
- Behaviour and uniform letter will be sent to parents about some changes we are making to behaviour procedures. This will be explained to students in assemblies this week.
- Homework monitoring and marking is being checked via our subject leaders



STUDENT SURVEY RESULTS

WHAT WOULD YOU LIKE TO SEE IMPROVE AT BFS IN THE NEXT 12 MONTHS?



WHAT DO YOU LIKE MOST ABOUT BFS?



NEXT STEPS

- We will not be able to add more drama lessons, however we have our whole school production at the end of Term 4. Students can get involved in that and other extra curricular clubs
- Behaviour procedures will be changing to same-day detentions and corridor passes – all of this has been explained to students in assemblies this week
- We have spoken to a range of students about the types of clubs and enrichment opportunities they are interested in. This has been shared with staff and we are planning to a wider extra curricular offer after Christmas holidays - covid restrictions permitting
- Bullying is not tolerated at BFS. We will continue to encourage students to come forward and tell a trusted member of staff if it is happening to them or anyone they know. We cannot always share the details of how we are dealing with bullying incidents but we have a robust procedure which involves education and consequences



YEAR 8 NETBALL FIXTURE

On Wednesday, Year 8 played Netball against Cotham.

The A team consistently displayed fluent centre court play, solid defence and accurate shooting resulting in a 29-6 win.

The B team also comfortably won 13-0 with some fantastic team cohesion and commitment. Despite excellent resilience, team work and only 6 players, the C team narrowly lost to a strong opposition.

Congratulations to Mimi B, Shaniya and Felicity who received the player of the match nominations.

PLAYERS OF THE MATCH



SHANIYA, Y8



FELICITY, Y8



MIMI, Y8

WELL DONE! YOU DID BFS PROUD





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

YOU'VE SURVIVED MOCK EXAM SEASON! NOW YOU HAVE TIME TO DO WHAT YOU WANT, WHY MIGHT YOU FEEL DEFLATED?



During stressful periods, the brain produces a steroid hormone called cortisol. Cortisol is most famous for activating the brain during fight & flight, but is also responsible for regulating your blood pressure and sleep cycles. A little cortisol can be a good thing: it helps us produce adrenaline to keep going under stress. But once the source of stress – i.e. exam pressure – is removed, it can leave the body feeling worn out.

Any dramatic change in routine can send us into a spin. It's perfectly natural to feel lost, apathetic or sad after exams, and the best thing to do is acknowledge these feelings. Good habits such as exercise and healthy eating can often go out of the window when we are busy studying, on top of losing your free time – so having your freedom back can be surprisingly overwhelming. Here are some tips to help you recover and handle any post-exams blues.

SLEEP DEBT

Sleep is the most important thing in maintaining a stable mood. A lack of it builds up as 'sleep debt' which can cause negative effects on our physical and mental health. Try and listen to your body and extend your positive sleep patterns (no napping though!). It takes approx. 7 days to get back into a positive sleep hygiene routine so start as soon as possible and stick to it.

MAKE A CHANGE

Our brains crave variety, even if it's minor. Try something new, take a trip or do something simple like rearranging your room. Catching up on TV is fine, but avoid the binge-watching void. Be adventurous, try something new – mix it up with relaxing things.

DON'T WORRY IF IT DIDN'T GO WELL

It's human nature to pick things apart, find the worst in things. You've survived the mock exams. Next steps the actual exams. You have proved to yourself you can do this. You may have highlighted areas for improvement and need to push yourself further but you've got this. Strike a balance between work, rest and play.

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CLEAR YOUR NOTES AWAY

Refresh your room 'full of flashcards' and revision mess. Make it feel like a revision free zone again and allow mental recuperation. Waking up to a clean desk will remind your brain that the tension of revision is not so immediate. Don't hoard, chances are you will need to make room for more notes. Tidy, file and recycle what you don't need.



REMEMBER TO CELEBRATE!

Well done you. You've made it to the next step. Regardless of the outcome you have survived a 2 week period of high tension and exams. Be mindful of what you have achieved, whether you have flown through and found them easy, or you have actually been able to walk over the threshold of the exams hall - everything needs to be celebrated. You deserve to take a little break, a pat on the back and time to breathe. Celebrate with a nice meal out, pick up a hobby you sacrificed to study or spend time with friends.

SPEAK TO US!

If you do struggle, and are worried in any way - just reach out. Talk to your tutors and they can always let us know if you are finding things tough. At Bristol Free School we are all here to support you, you just need to let us know.



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OTR - WHATS ON!

OTR is a mental health social movement by and for young people. Their groups and projects run in Bristol, South Glos & North Somerset.

They have lots going on at the moment, to find out more and to sign up please follow the link below:

<https://www.otrbristol.org.uk/what-we-do/>



weightlifting

WITH BRISTOL
CO-OPERATIVE GYM

