



BEDFORD
FREE SCHOOL

www.bedfordfreeschool.co.uk

31st March 2023

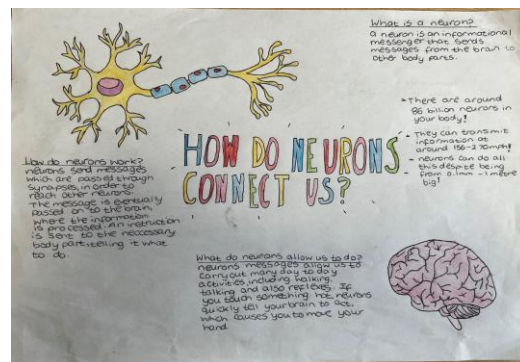
Dear Parents / Carers & Pupils,

SPRING TERM EVENTS & ACTIVITIES:

British Science week 2023 was celebrated with various activities this year at BFS including: a book giveaway, a trip to Bedford school's observatory, a visit from Queen's Park Academy to BFS for taster science experiments (see below), an Oxford Wadham project STEM Day and 5 wonderful entries to the National British Science week. A huge congratulations to all those shortlisted! Thank you to science staff and all of the fantastic BFS STEM Ambassadors for their careful preparation of these events enjoyed by the school community and beyond.



Poster competition winners:
Lionel, Jozue, Ali, Yuv, Abdullah, Sahill, Mikeal, Amelie and Olivia in Y7 and Elizabeth in Y8 whose poster is opposite.
These posters will be entered by BFS into the National Competition.



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RESPECT • HONESTY • HIGH EXPECTATIONS

The **Further Maths Class of 2024** (12 pupils in year 10) have begun their lessons. They will be the first exam group entered for the Further Maths Level 2 Certificate from BFS. Students have made a great start and we look forward to seeing them develop as mathematicians over the next year.

On Wednesday 29th March we held an **Easter Showcase** at The Salvation Army Hall. Members from the violin elective, choir and Just Brass took part along with a few solo and duet items. All performers did a fantastic job and wowed an audience of family and friends. Many thanks to Mrs Rick and Mrs Goodship for all of their hard work.



From Mrs Monk, Head of PE:



What a term we have had! Pupils have again taken part in a range of fixtures including netball, football, handball, sitting volleyball, cross country, indoor athletics, gymnastics, badminton, dodgeball, rugby and cricket. Some of our girls have benefitted from being coached by Bedford Blues ladies coaches to improve their tackling skills ready for contact fixtures and tournaments. Year 11 GCSE PE have been working really hard on the practical elements of their GCSE in preparation for their moderation.

The department are so proud of all pupils who have attended fixtures putting in 100% effort. Successes at County level include a Y10 pupil in cross country, handball (y8 girls) and indoor athletics. We are super excited to welcome the new term with summer sports in lessons so get that sun cream ready and bring on the summer fixtures which include rounders, cricket, athletics and hopefully volleyball. Happy Easter to all.



Sock Monkey Elective (from Mrs Lehain):

The picture below is of three boys with the sock monkeys they made this term. They are Nathan Y8 and Donte and Joseph Y7. None of them had ever tried making something like this before and they worked hard all half term to complete their monkeys – some even managed to customise them with

accessories which they designed and made themselves. All the pupils worked well as a group – helping each other and enjoying the chance to get to know people in different year groups.



REMINDERS:

Respecting our community – a reminder

For safety and community-minded reasons, the police have asked us to ensure that pupils/parents do not walk through the carparks in between our school and Farm Foods. Please also be reminded that pupils are not allowed to enter/shop in Farm Foods unless accompanied by a parent. In the name of keeping everyone safe, any pupils who breaks these rules will be issued with a correction.

Drop off and pick up

This should be in Melbourne Street Car Park and **never in Cauldwell Street** or outside of school. Melbourne Street Car Park (opposite Kids World) is totally free and dropping off/picking up your child from there avoids compromising safety and upset for local neighbours and businesses. It is advisable that you park and wait towards the back of the carpark where it is quieter.

Attendance

Attending school every day is so important for your child. You can check your child's attendance percentage, updated weekly, on their Achievement Card. Please compare your child's attendance to the table below. At BFS we aim for 100% and pupils should attend school unless they are genuinely too ill to do so.

100% - 98% No concern

98%-95% Monitor carefully

95% - 90% Concern; at risk of underachievement

90% -85% Severe risk of underachievement

85% Very probable underachievement

Uniform and equipment

Please take time over the Easter break to check that your child has all the necessary equipment and correct school uniform needed for school. The full uniform and equipment list is attached. Please note:

- Shirt top buttons should be able to close
- No trainers/plimsolls
- Skirts should be knee length and one of the designated styles available from Josens
- School style trousers only (e.g. no skinny / stretchy material etc.)
- No tracks in hair
- No facial piercings

INFORMATION FROM PUBLIC HEALTH:

With the start of the Easter holidays, we wanted to ensure that all families and young people have clear access to support and advice whilst they are not in school/college. There can be a lot of pressure on young people at this time of year from exams, friendship groups, social media, transitions, worries

surrounding body image and health, to simply not having the normal regular routine of their regular education setting.

We are sending out the accompanying information, “How You Feel Matters”, to all our pupils and their parents/carers to raise awareness about what is available to support them, their friends and their family.

If you or someone you know is feeling lost, desperate or alone, encourage them to speak to a trusted friend or family member. Sharing how you feel can be a big step in the right direction.

If you are a parent or carer and worried about your child or someone you know, encourage the person or your child to ask for support if needed.

If you are concerned about the emotional and mental health of a child or adult encourage them to seek professional help and talk to their GP. If they need urgent immediate support phone NHS 111 option 2, or take them to an A&E department. In an emergency call 999.

Many online or phone resources now provide anonymous counselling and text services for young people to use directly. Please see the sources of support available in the information provided.

If they, or you, are worried about them harming themselves, ask them direct questions, such as “sometimes when people feel like you do, they think about suicide and harming themselves, is that what you are thinking about?”

Empathic listening is key here—ask open and honest questions and show that you’re listening by reflecting on what they say and clarifying what they mean. Don’t jump in with solutions—allow them to express their problems first.

Don’t minimize their feelings by saying it’s ‘just a phase’, ‘you’ll grow out of it’ or ‘why is that even bothering you?’ Take time to imagine what it’s like for that person, focus on their feelings and their experiences, not your own.

It is important that you try to stay calm and listen to the young person – hear them out. Avoid judgement, regardless of what’s going on.

Please ensure the young person you live with has the information provided saved somewhere and easily accessible so they can always refer to it should they need help, advice or support.

Please find attached an overview of support available for young people in regards to emotional and mental health support.

From Amy White, Senior Officer for Public Health Children & Young People

Yours faithfully

A handwritten signature in black ink, appearing to read 'JHerron', followed by a period.

Jane Herron
Principal

KEY DATES:

Bedford Free School – Key Dates 2022-2023	
<i>Mon 3rd April – Fri 14th April 2023</i>	<i>EASTER HOLIDAYS</i>
Summer term	
Mon 17 th April 2023	<i>Staff training day (school closed for pupils)</i>
Tues 18 th April 2023	Pupils back to school
<i>Mon 1st May 2023</i>	<i>BANK HOLIDAY (School is closed)</i>
<i>Mon 8th May 2023</i>	<i>BANK HOLIDAY (School is closed)</i>
Thurs 4 th May 2023	Year 10 Information Evening (normal finish time – 4pm)
Thurs 11 th May 2023	Year 8 Progress Evening (school finishes at 3.30pm)
Fri 12 th May 2023	School starts later – gate closes at 8.55am
<i>Mon 29th May – Fri 2nd June 2023</i>	<i>HALF TERM</i>
Mon 5 th June 2023	Pupils back to school
26 th June – 30 th June 2023	Year 10 Mock Exams
Mon 3 rd July – Fri 7 th July 2023	Activities Week/Year 10 Work Experience
Mon 17 th July 2023	Sports Day (tbc)
Tues 18 th July 2023	Year 10 Progress Evening/next steps event (school finishes at 3.30pm)
Fri 21 st July 2023	BFS End of Year Celebration Assembly
<i>24th July – xx September 2023</i>	<i>SUMMER HOLIDAYS</i>