

## Descriptive Writing (GCSE Paper 1 Practice)

The breath of fresh air was so cool and made me feel happy. But the feel of sadness grew in my body when I thought about my friends. I wanted to just be at home, but I knew if I wasn't here then there would be no home to go back to.

There was a kaleidoscope of madness going off in front of me. Bodies and debris from bombs were scattered about the barren landscape.

As a soldier I have to pretend to behave with no empathy and with no remorse. Death is now a common occurrence for me. I am not sure Jesus is even a being. I prayed my whole life but the amount of innocent people that have died makes me think twice about Him.

But I believe that death is not a full stop.

**By Will Tongue, Year 11**

Meanwhile, in **Kettlebrook**.... the cooking continues.... Year 11s enjoyed making their own chicken and chips from scratch today. Callum made his own chilli and garlic dip to go with his.



In PSHE, students in year 10 have been learning about relationships and the characteristics of positive and negative relationships.

We identified the most important ones to us and realised that the first four are our KSSS core values!

**HONESTY**

**RESPECT**

**TRUST**

**CARE**

**EQUALITY**

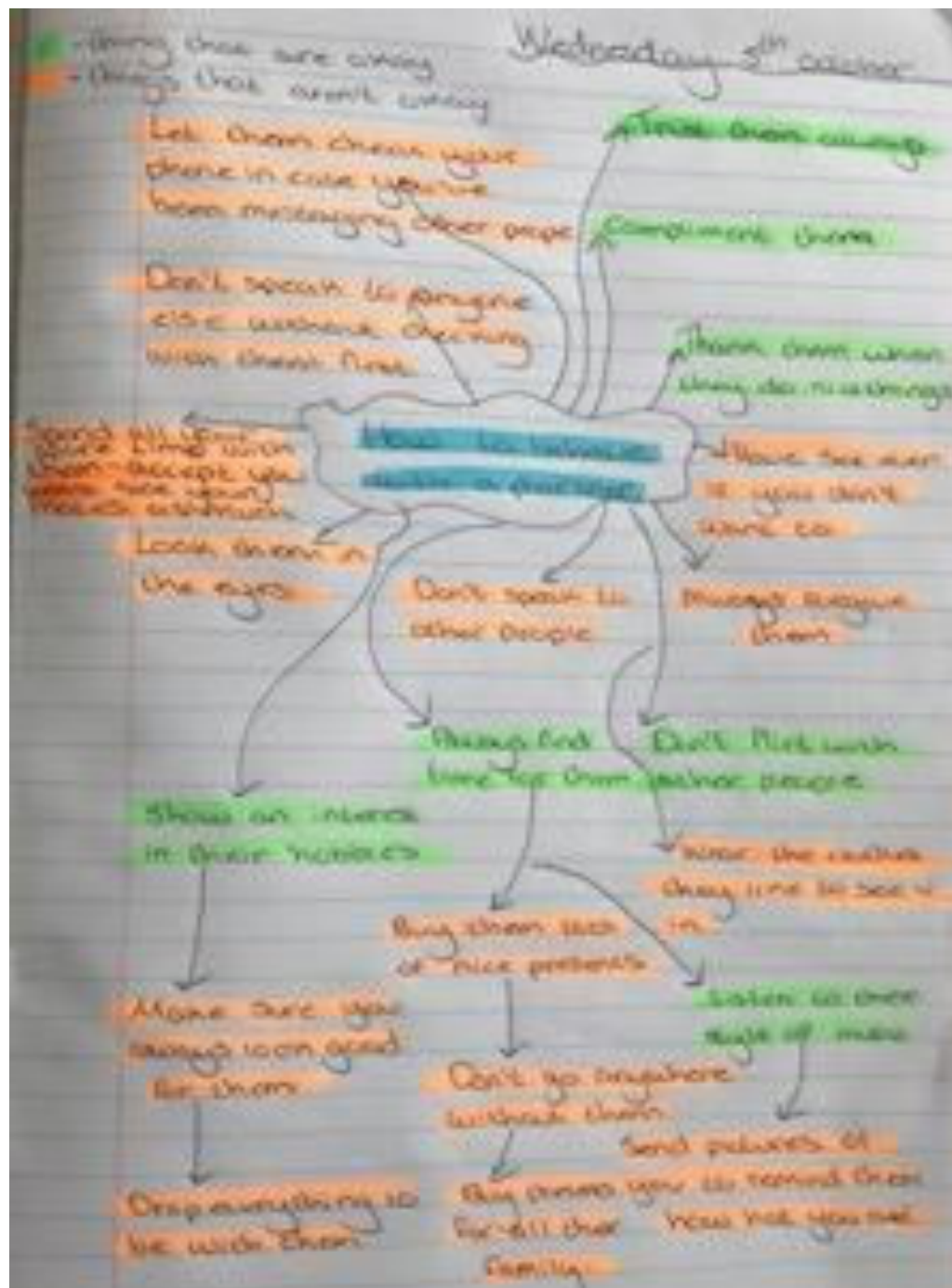
**SUPPORT**

**LOVE**

**COMMITMENT**

**PARTNERSHIP**

Some excellent work from Amy, year 10, looking at behaviours within relationships and deciding which are 'okay' and which aren't.



### Sometimes it is a battle to be kind!

'The human body has two hands. With one I can make a **fist**.... I can hit.... I can **destroy**. I can make a **wasteland** about me.



And with the other I can **create**... I can **paint** a picture.... I can **play** a piece of **music**.... I can make a **friend**. **But above all, I can contain the first.'** Brian Keenan (a man who was held hostage for four years in Beirut. He is now a successful writer.)

Year 9 students have been learning about discrimination; the law that protect us all and the damaging effects of discrimination on everyone. They have learned about the different types of bullying and the reasons why we can all bully sometimes.



## SUSTAINABLE ART OF ANIMALS UNDER THREAT



Jack (year 11), Sid (year 10), and Lexie (year 9) have completed some beautiful art as part of the sustainable art project.

These beautiful pieces are being used for our Well done Cards – look out for these in the post! If your child gets one, they are clearly working hard!



WE ARE HERE  
FOR YOU





# Mr. Hall's Health & Fitness

Want to start being more active?

Start small and build up.

Try to walk 30 minutes each day. It doesn't have to be all in one go. You could do three 10 minute sessions.

Walk at a pace that is moderate for you.

Walking is free, you don't need any equipment and can do it at anytime.

Walking is a great way to overcome many barriers to participation.

If you feel that your lack of disposable income or lack of free time stops you from taking part in physical activity - then give walking a try.

## TOP 10 HEALTH BENEFITS OF WALKING 30 MINUTES A DAY

