

Natalie Queiroz MBE

Natalie is a longstanding friend of Kettlebrook. Her story is a difficult but important one to listen to. She explains how she has managed to rebuild her life after being the victim of an attempted murder in 2016.

Since that brutal day, Natalie has used all her time and energy to speak to young people about the **dangers of knife crime** and also about her journey after the attack. She described PTSD (Post Traumatic Stress Disorder) and some useful strategies to support different distressing mental health conditions. Students have found out more about this condition including that it is much more common than previously thought.



Support and information about PTSD and any other mental health condition can be found at www.nhs.co.uk or www.mind.org.uk.

'It doesn't take much to stab someone, but it takes a lot to deal with it afterwards. Living with what you've done and all the repercussions is massive.' Year 11 student

Natalie has raised large funds for the Air Ambulance who saved her life and also raises money for Acorns Children's Hospice. Her positive contribution to has led to her receiving multiple awards

including, most recently, her MBE (Member of the British Empire). She was also one of the VIP guests at Queen Elizabeth's funeral in September.

'I genuinely absolutely love coming to Kettlebrook. The students are brilliant to talk to and we always have really honest and open conversations. It was fantastic to discuss not only the reality of knife crime, but explore further the mental health impacts of such an attack. Discussing not only PTSD but also how we can all work better on our coping mechanisms and setting goals for our future - which is so important to the tough world we live in. Can't wait to see students and staff again soon!'

NQ, Nov 2022

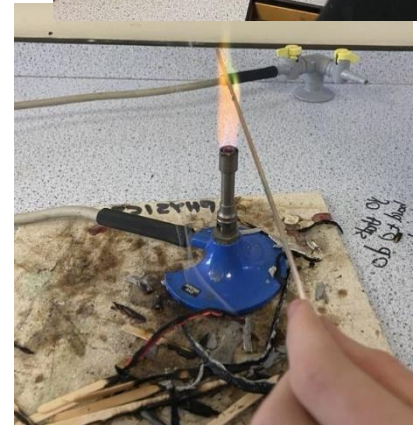
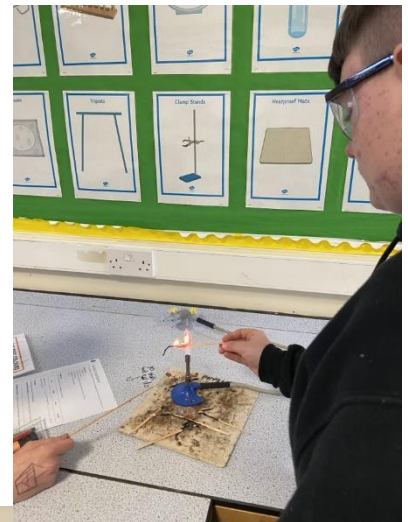


"Life will have its tough times. But the amazing times can always and will always follow."
Natalie Queiroz

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KS3 have been looking at the science behind the colours in fireworks. Metals change the colour of a flame when placed inside them. The colour given out can then be used to identify which metal is present. The students identified various metals including potassium which burned with a lilac flame, sodium which was a lovely bright orange and Mrs van Jaarsveld's favourite - copper which burns with a green flame.



AQA GCSE Paper 1, Question 2 Analysis by a Year 11 Student

HOW IS LANGUAGE USED TO SHOW THE HORRORS OF WAR?

The language at the beginning of the article is positive, peaceful and creates harmony; the quote 'they cracked out towards the shell hole, the sun bright, a lark above them' – the colour imagery of the adjective 'bright' signals that the new day is full of possible joy, positive hope and an abundance of warmth; however, the war related language 'they cracked out towards a shell hole' reflects upon the perils of war unexpectedly, as all hope is lost as fear grew between the soldiers.

As the text develops into gory detail: 'Brennan anxiously stripping a torso with no head' – the adverb 'anxiously' describes how Brennan is acting upon the shock and is distraught in having seen a dead body in his sight. Also, this image creates a negative effect on how he is mentally dealing with this situation in hand. The verb 'stripping a torso' creates a disturbing effect on the reader as he is following commands but also increasing a level of PTSD that the soldier himself will have, for his eternity of life.

Finally as the text draws to a close, Brennan gets the shock of his life through his loss: 'It was his brother' – the word 'brother' creates an effect on the reader that not only has he been through a lot of stress and pain, but he has also lost not only a friend, and a companion, but he has lost his sibling in extreme and traumatic circumstances, which will build up an extensive level of distress and suffering. These emotions have occurred due to him going through a problematic and challenging stage in his life.

GCSE extract taken from the novel 'Birdsong' by Sebastian Faulks



All students have had the opportunity to make plastic bag heat-formed feathers for a huge set of angel wings.

The wings will be projected onto the castle walls at Christmas and will hopefully be hung in a shop window in the town over the festive period.

The project is in connection with New Urban Era's (NUE) Christmas project called 'we are all angels'.



Continued success at TORC – the tutors at TORC have commented on the excellent teamwork.

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Mr. Hall's Health & Fitness

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The "SAVERS" Morning Routine

Over the next 6 weeks I will be building up a 6-part morning routine. Each week I will explain a new activity that you can add to the morning routine. Do each one for 5 mins each day. It will mean waking up 5 minutes earlier every week.

This week we are looking at "Visualisation"

Visualising what you want generates positive emotions that encourage and help move you toward your vision.

Start off by breathing deeply, close your eyes, and clear your mind.

Visualise the results you want and see yourself achieving them: Use your senses to see, hear, feel, touch, smell, taste every aspect of your dream. The more detailed and real you make the mental picture, the more motivated you'll be to take action. Then, envision yourself achieving your goals. Imagine how good it will feel to have followed through and achieved your goals.

Visualise the person you need to be and what you need to do: With a clear mental image of what you want, imagine yourself changing, living, and acting in ways that enable you to achieve your vision. See yourself studying, writing, making calls, or doing whatever you'll need to do to reach your goals. Picture yourself with a look of confidence or determination on your face.