

HEADTEACHER BULLETIN

Friday 16th of December 2022

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Dear Parents/Carers,

The last Headteacher bulletin of 2022 and what a year 2022 has been!

The final two weeks have been jam packed with event after event thanks to the wonderful KSS staff.

It has been an absolute pleasure to see students take part and enjoy these experiences, which add value to your child's educational experience.

To see 80% of all the student body attend the Christmas reward trip last Friday, was a remarkable milestone in the KSS journey as we celebrate the achievement culture that is now well established.

We are looking forward to the new calendar year and also the Spring term which starts on Wednesday the 4th of January 2023.

When we return, Year 11 students will be receiving their mock examination results and we also have a whole school enrichment day planned, which supports our Personal Development programme. This will coincide with national apprentice week and will have a careers theme for all year groups. Mrs Weaver is already excited about the day and intended impact on the students.

I would also like to take this opportunity to share with you the school website, that is now a fantastic resource for students and parents/carers regarding all aspects of life at KSS.

The school has a new website design ready to be launched and I will look forward to sharing this with you next term. For now please visit @ www.kidsgrovesecondary.org.uk to catch up on the latest updates. There is some really exciting content about reading, the curriculum subjects, and other key information.

Finally, today we say goodbye to Mr Webb and Ms Harrison, who depart KSS. I would like to take this opportunity to thank them for all of their hard work and for their contributions to the schools transformational journey since I have been Headteacher here.

We wish them every success for the future.

Wishing you a very Merry Christmas and a Happy New Year!

Yours faithfully,
Mr S Frost



Upcoming Events:

Wednesday 4th January 2023 - School reopens
Thursday 5th January 2023 - Year 11 Mock Results
Wednesday 11th January 2023 - Student Council Meeting
Thursday 12th January 2023 - Year 11 Parents Evening

Christmas Reward Trip

Well done to all students who met the criteria for the Christmas reward trip. It was a memorable experience and such a great way to end the term. Thank you to all staff that supported Mrs Castrey with the trip organisation. The students behaviour was impeccable during the visit and the students really enjoyed themselves, especially on the ice!



#DigitalByDesign



Careers

**CORE
VALUES**



A message from Mrs Weaver...

On our Enrichment Day, Y9 were visited by Next Engineers who ran two workshops for our students, 'Marble Run' and 'Toxic Popcorn'. These workshops encouraged students to use our LORIC values as well as giving them an insight into problem solving and thinking outside the box.



Core Values



A message from Mrs Weaver...

After a fortnight of Mock exams, we decided to test our Year 11's core values in Leadership, Organisation, Resilience, Initiative and Communication. They took part in our 'Task Master' challenge where they worked as part of a team to complete a range of tasks ranging from standing up after a minute to moving skittles in boxing gloves. All of our students engaged brilliantly with our challenges and showed excellent LORIC skills. Well done Y11s!



Curriculum

I would be delighted if you would take a look at the updated curriculum pages on the school website. These can be found @ <https://kidsgrovesecondary.org.uk/our-curriculum/academy-curriculum>.

Below is a snippet of the whole school curriculum 'Intent' which demonstrates what the KSS curriculum intends to achieve for its learners. Each subject has its own page that provides key information about the intent and implementation of each subject from Years 7 through to 11.

We are really proud of our curriculum and the knowledge & skills it allows the students to secure.



It is our belief that the school curriculum is essential in determining, moulding, and **empowering** the young people to find their place in modern society.

The curriculum has at its heart the notion that to develop young people in holistically there is a need to develop them socially, intellectually, physically, spiritually, culturally, and digitally.

The curriculum encompasses our 5 core values; **Leadership, Organisation, Resilience, Initiative and Communication**. This is enhanced through the use of our House System.

To meet this end, we have an ambitious and comprehensive programme of subjects that are **coherently planned** and **sequenced** in what we call the taught curriculum and a rich diet of personal, cultural, and spiritual experiences within the personal development programme.

We believe that having a rich variety of opportunity in this way, we create the possibility of **individualised and personalised pathways** into further education or the world of work, for our young people. This belief is underpinned by our core values and the use of **digital technologies** to maximise the implementation and impact of the curriculum.

Year 7

A message from Mr Till...

Year 7 have now completed a full academic term at KSS!
Where has the time gone?

We are so impressed with our Year 7 cohort and how they have embraced our school's core values. It has been wonderful getting to know more about them each day and seeing them develop in such a short space of time...we anticipate great things from you all. Both Mr Till and Mrs Castrey are so impressed with how Year 7 have transitioned from primary school students into secondary school life, with staff proud to showcase the amazing work completed in lessons and enrichment activities. Thank you to parents that continue to support the school's vision and share their feedback, it is certainly valued. Keep up the good work Y7 and continue to be highly ambitious.



CHRISTMAS KSS VALUES HOMEWORK



LEADERSHIP

Organise a party game for the family. Keep scores and choose a prize for the winner/s.

Design a route and take the family out on a walk to blow away the Christmas cobwebs.

Find a Christmas recipe and make it for your family.

Organise the Christmas meal clean-up, creating roles for each person to complete.



RESILIENCE

Play a board game with your family and don't give up!

Learn a magic trick to entertain the family over Christmas.

Play family charades.

Learn a new skill or try to master a skill in subject/hobby you are interested in.

Have a craft session with family or friends - make Christmas decorations.



ORGANISATION

Tidy your bedroom to make room for any new gifts. Is there anything can be donated to other people less fortunate?

Help lay the table for Christmas dinner.

Get some festive paper cut it into strips and make paper chains with your family.

Decide on a New Year's resolution and plan out how to achieve it.

Organise a 'pay it forward' good deed (do a good deed for someone and after telling them they have to 'pay it forward' by doing a good deed for someone else.)

Make and post personalised Christmas cards or new year cards for some of your neighbours.

Make a new year's wish list of all the things you want to achieve in 2023.

CHRISTMAS KSS VALUES HOMEWORK



INITIATIVE

Offer to help prepare the Christmas dinner or support with the shopping.

Tidy up the wrapping paper after the presents have been opened.

Use the leftovers from Christmas dinner to make a soup or additional meal - this could be consumed by your family or provided to those in need.

Build a snowman if it snows.



COMMUNICATION

Turn your mobile phone off and give 100% of your attention to a conversation with other family members.

Call a family member you haven't spoken to for a long time.

Write a letter to friends or family to thank them for your gift.

Find a Christmas joke and tell it to your family.

Create a video for family/loved ones that tells them the positive qualities that you love about them.

Read a Christmas story or read to a younger family member.

SEND EVIDENCE OF YOUR HOMEWORK TO MRS POSTLETHWAITE OR MR TILL FOR ACHIEVEMENT POINTS

Christmas Jumper Day

A message from Mrs Castrey...

It was fantastic to see so many students in Christmas jumpers today to raise funds for Children in Need.

Thank you to Mrs Weaver for collecting the donations as students entered the school. This demonstrates the amazing generosity and community spirit of our KSS family. Well done everyone!



Chess Club

A message from Mr Baldwin...

On the 8th December KSS took on St Thomas More in the first of many chess competitions. This was a wonderful opportunity for our chess players to practice playing online chess but also to play against different players.

We were extremely proud to see the resilience of our players paid off and we had two of the top spots with Fox finishing 1st and Reece finishing 2nd.

Tommy also joined in the action but unfortunately gave away his queen which then meant his opposite could soon checkmate him!

Well done to all of those who took part. Chess club is every Friday, and all years and abilities are welcome to come along.

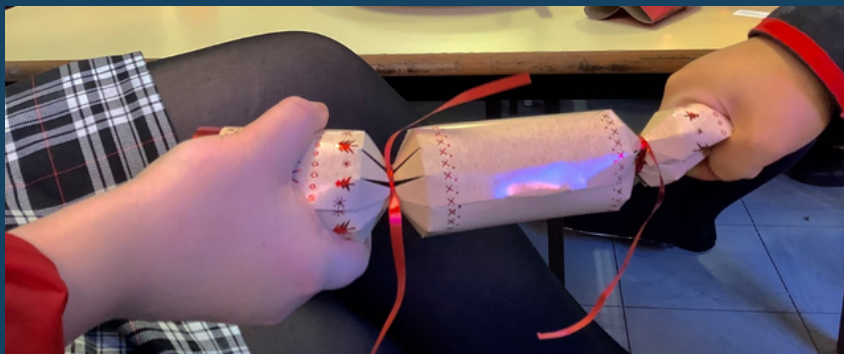


Hospitality and Catering

A message from Mr Till...

Y11 Hospitality and Catering class Christmas meal:

The Y11 Hospitality and Catering Class were off timetable with Mr Till to cook a class Christmas meal. This was a great reward following their efforts in the Y11 mock exams and also a chance to celebrate their work in food technology. The students prepared and cooked all aspect of the meal with such care. The class also planned their cooking times so that everyone's meal was completed at the same time, to ensure we all sat at the table together. What a lovely atmosphere!



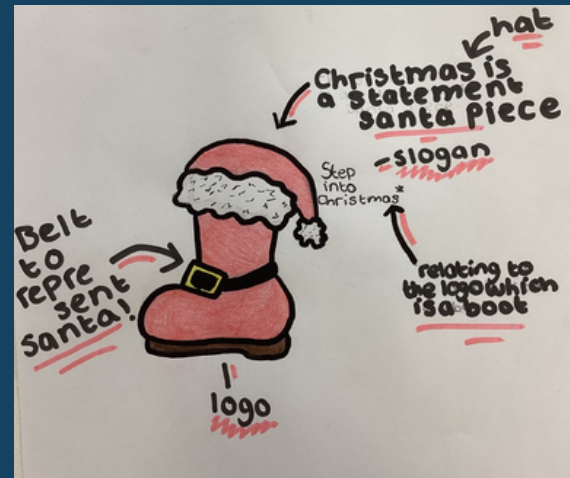
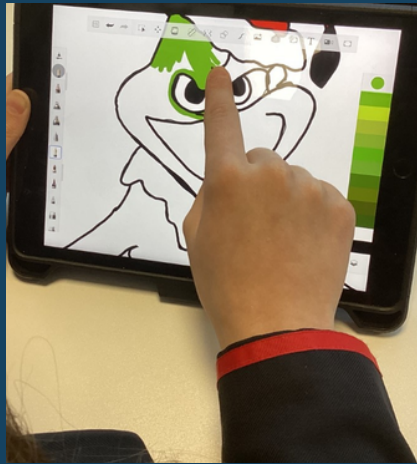
Hospitality and Catering



Computing

A message from Mrs Morrell...

In Year 8's last lesson of the term, they have been perfecting their graphic design skills to rebrand Santa. As we all know, Santa has been around for a long time and needs an update to his corporate brand. Y8 were asked to create a new logo and slogan for Santa- and then show how this new brand would look on Santa's merchandise (t-shirts and shopping bags for example). As you can see the results were brrrrrrlliant! ❄



Mathematics

A message from Mrs Frost...



A very Merry Christmas from the Maths Department and a huge thank you to all students and their parents for making it such an enjoyable first term for Mrs McDermott and I, we both look forward to working with you all in the new year. We thought we would challenge you all to a little Christmas maths puzzle. Please send correct answers to sarah.frost@kss.set.org to be in with a chance of winning a prize (all of you are welcome to enter, not just students!)

What's Santa left in my stocking?

Use the table below and the rules of BIDMAS to work out the answers to the questions and unravel the presents that Santa left in my stocking.

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M

14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Present 1

1. $3 \times 5 + 4$

2. $2^2 - 1$

3. $7 + 4 \times 3$

4. $5 \times (7 - 4)$

5. $3 + 4 \times 2$

Present 2

1. $3^2 - 2$

2. $2 + 12 \div 4$

3. $4 \times (11 - 9)$

4. $7 \times 2 - 3^2$

5. $3 \times 5 + 2 \times 4$

6. $5^2 - 2 \times 3$

7. $\frac{23+7}{2}$

8. $\frac{6^2}{5-2}$

9. 2×3^2

Present 3

1. $\frac{8+7}{5}$

2. $5 \times 6 - 5 \times 3$

3. $6^2 - 3 \times 7$

4. $4^2 + 2^2$

5. $\frac{15 \times 2}{11-5}$

6. $\frac{6 \times 4}{3 \times 8}$

7. $(7 - 5)^3$

8. $2^2 \times (18 - 5 \times 3)$

9. $\frac{3^3}{11-2}$

Present 4

1. $5 + 2 \times 4$

2. $\frac{4 \times 9}{6^2}$

3. $6^2 - (2 + 5 \times 3)$

4. $3^3 - 2^3$

5. $\frac{10^2}{8-3}$

6. $3^2 - 2^3$

7. $\frac{7 \times 6}{2}$



House Winners

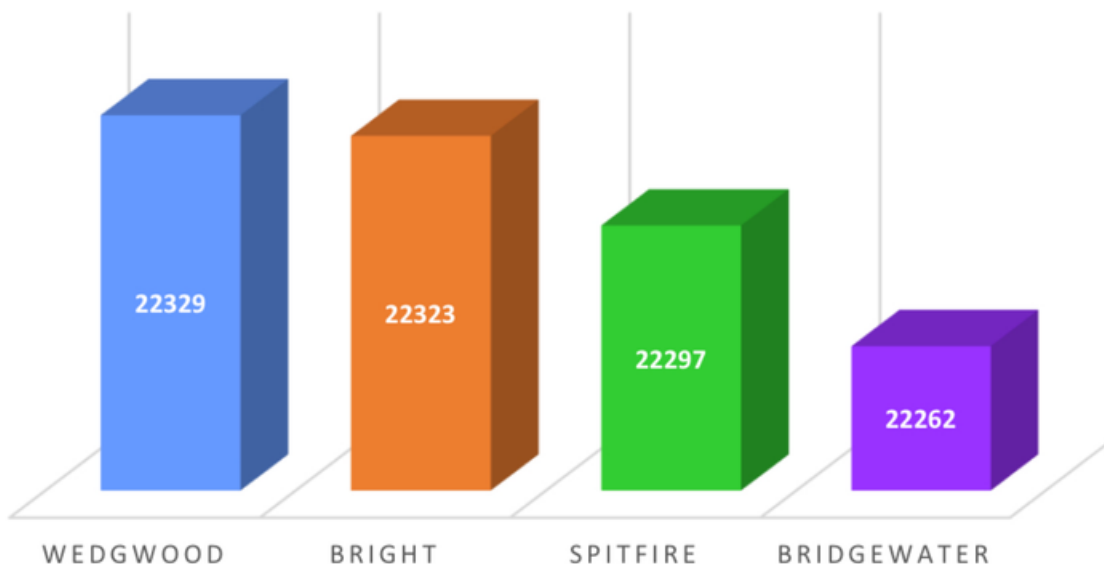
Well done to Wedgwood, the winning house for half term two.

The students were rewarded with a Christmas film reward on Wednesday 14th of December. It was such a close winning margin with Bright, only 6 points behind!

We look forward to the next competition, which I know Mrs Castrey has some exciting plans for.



TOTAL HOUSE POINTS



Digital Extravaganza

The Smash Bros. Nintendo event, planned and delivered by the digital ambassadors was a great success today.

The students went head to head in teams of three, to be crowned the KSS digital champion.

Thank you to Reece, Tommy, Fox, Morgan and Tyler for their hard work in organisation the competition. Another example of our vital Core Values in action.



Nintendo®

DIGITAL EXTRAVAGANZA

THURSDAY 15TH DECEMBER

**SUPER SMASH BRO
TOURNAMENT
IOE1**

FOR ALL TEAMS THAT HAVE ENTERED

**DIGITAL GAMING
EVENT
HALL**

7K PERIOD 1
7S PERIOD 2
8K PERIOD 3
8S PERIOD 4
Y9 AT LUNCH



Digital Extravaganza

We enjoyed a brilliant digital extravaganza event yesterday at KSS. We welcomed an external VR and educational gaming company into school. This was a brilliant, engaging experience for all that took part in Years 7, 8 and 9.



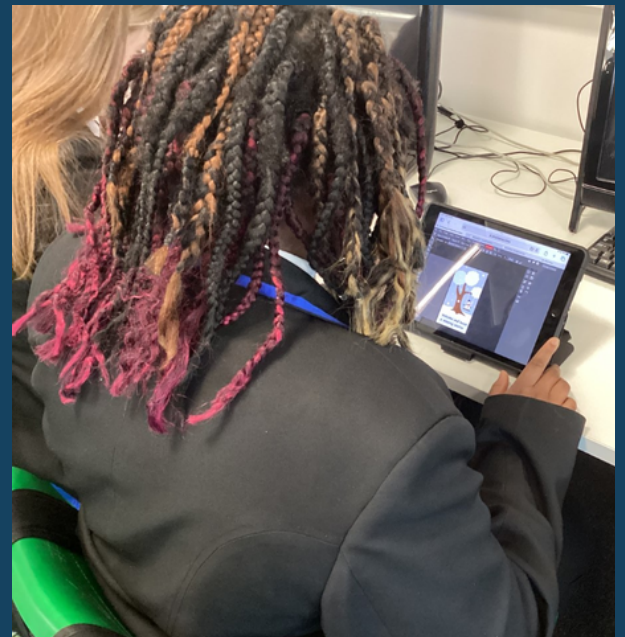
Digital Extravaganza



Computing

A message from Mrs Morrell...

Year 7 have been using their graphic design skills to create greetings cards for their families. Firstly, they used gridlines to make sure they measured out the middle of their card accurately. They then used the magnetic lasso tool to cut the background off their main image and transform tools to enlarge the image and place it where they wanted it. They used gradient tools to add a two-tone effect to the background and different text colours to create the desired effect.



iMedia

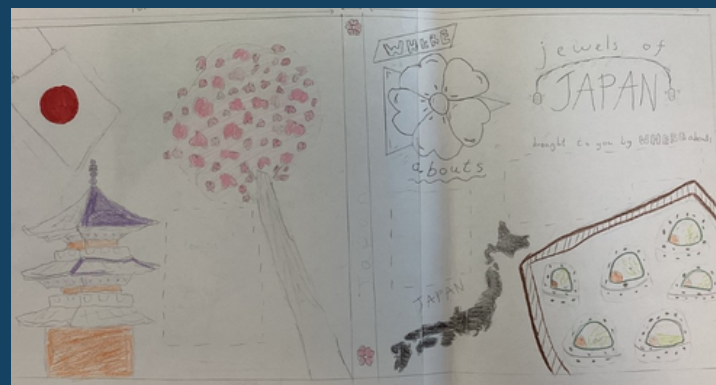
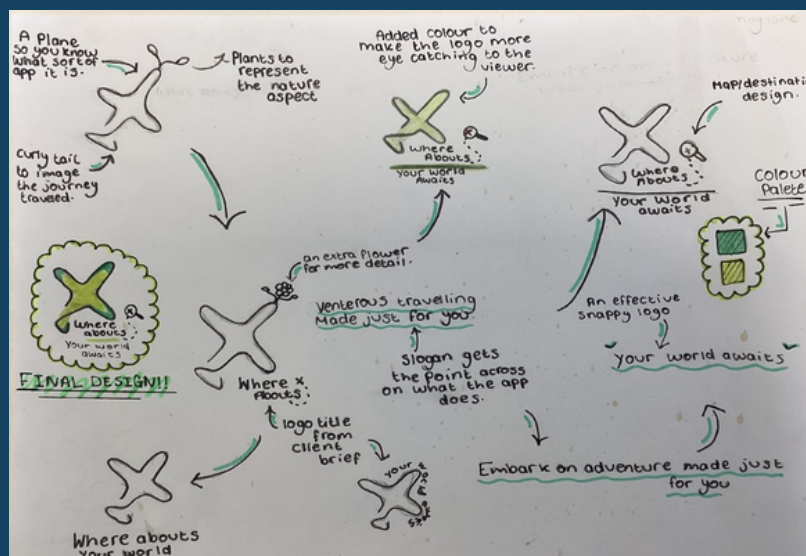
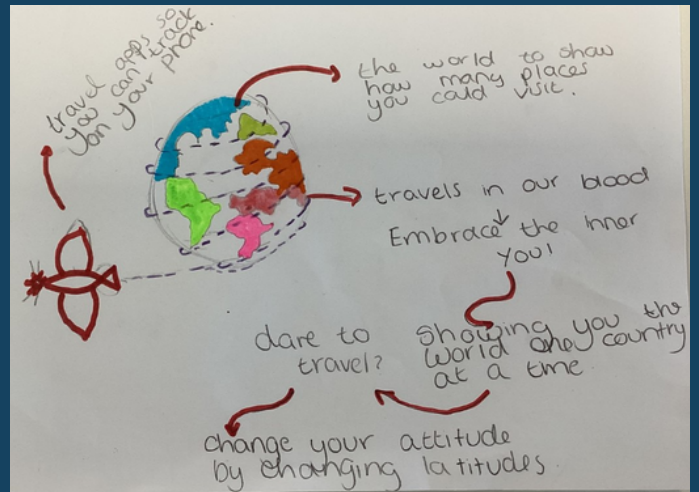
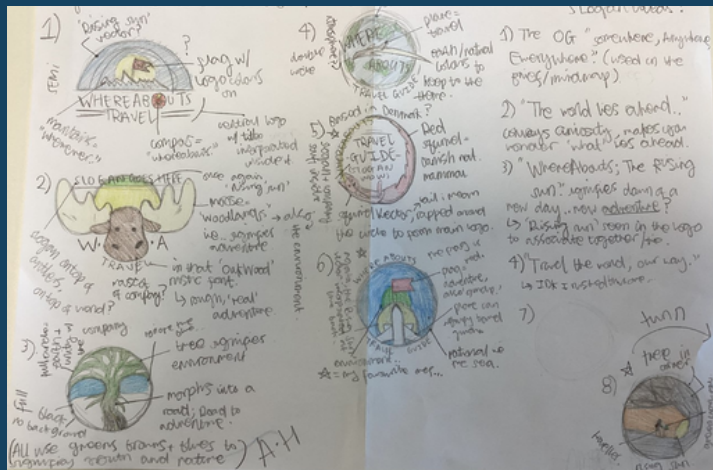
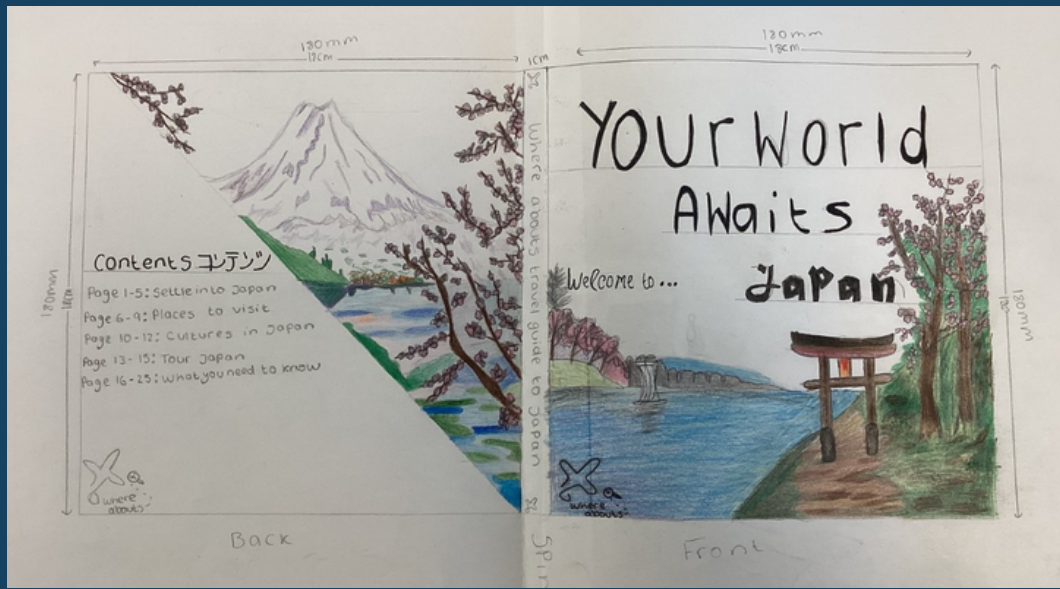
A message from Mrs Morrell...



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Year 10 iMedia have been producing 'visualisation diagrams' in response to a practice client brief. The client brief required the students to create a 'visual identity' and a travel guide design for 'WhereABOUTS' travel. The students had to design a logo, slogan and colour palette that could be used on the travel guide and other corporate documents and merchandise. After Christmas, year 10 will create the travel guide cover as a digital graphic and export the finished piece in various electronic formats.



Reading Room

A message from Mr Baldwin...

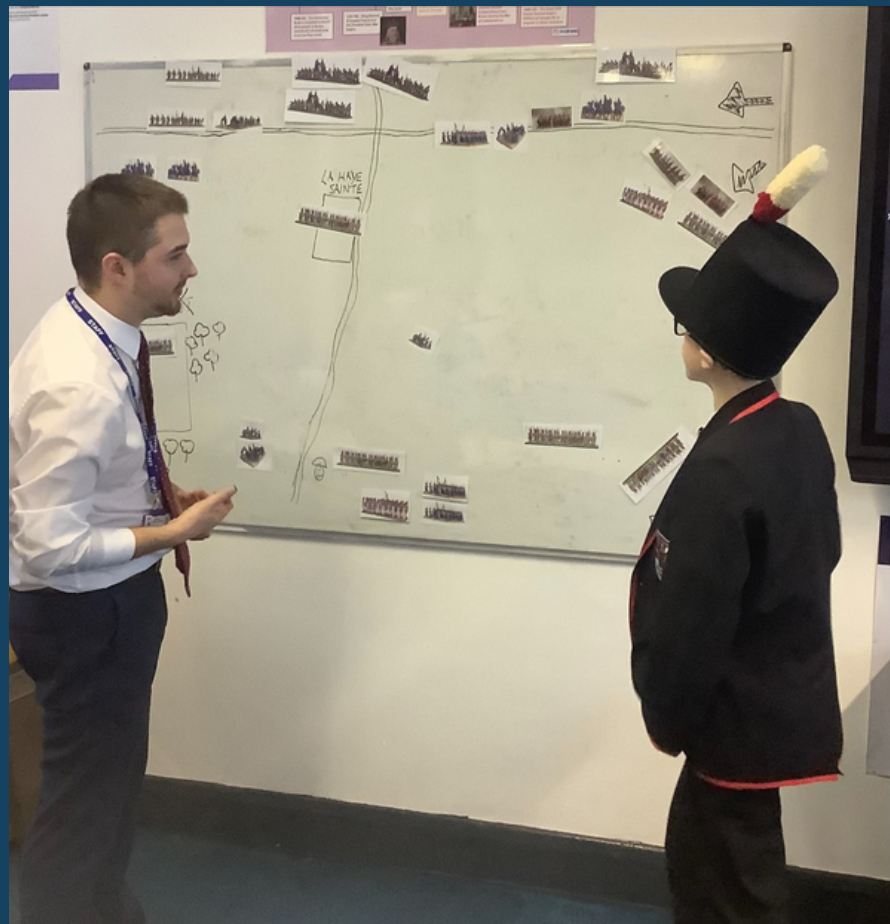
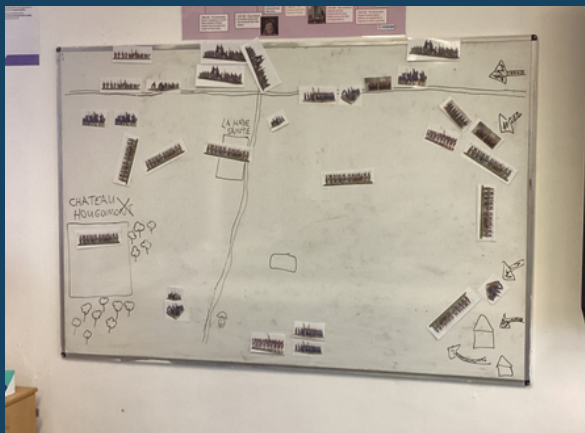
It has been brilliant to see so many of our students accessing the newly launched reading room. The new books have started to arrive in school so keep an eye out for the blurbs on the big screens around school. A suggestion box has been added for students to add their own ideas and also titles of books they would like to see in the reading room. Furthermore, links have been established with Kidsgrove library and they are supporting with the launch of e-books and audiobooks through our 1:1 iPad initiative. Students have been accessing a range of interventions to support with their reading and amazing progress has been made it is fantastic to see and feel the buzz around reading at KSS.



History

A message from Mr Highfield and Mr Hilditch...

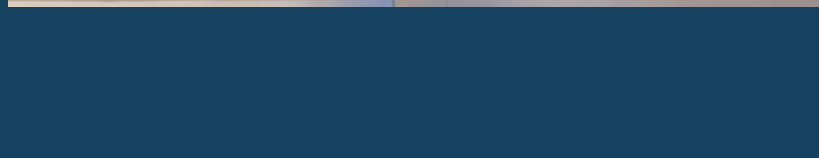
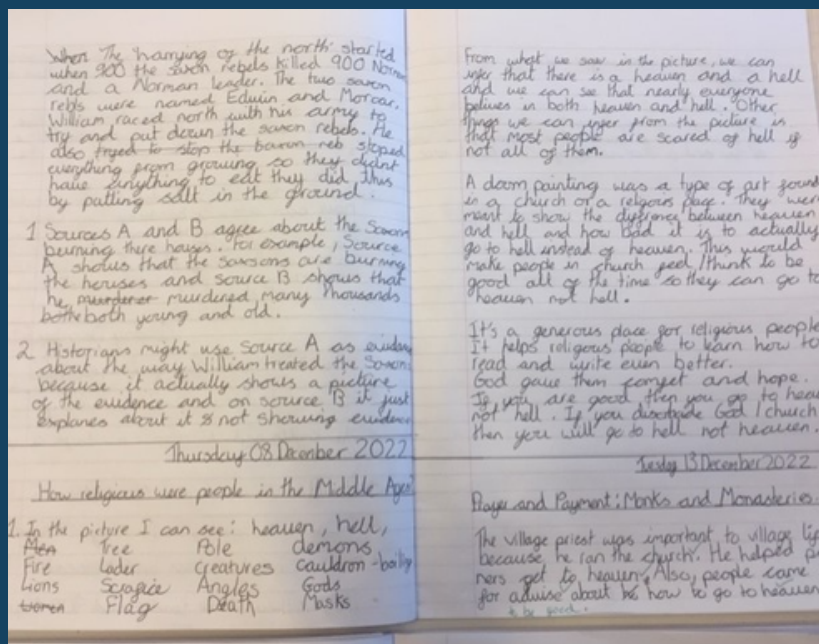
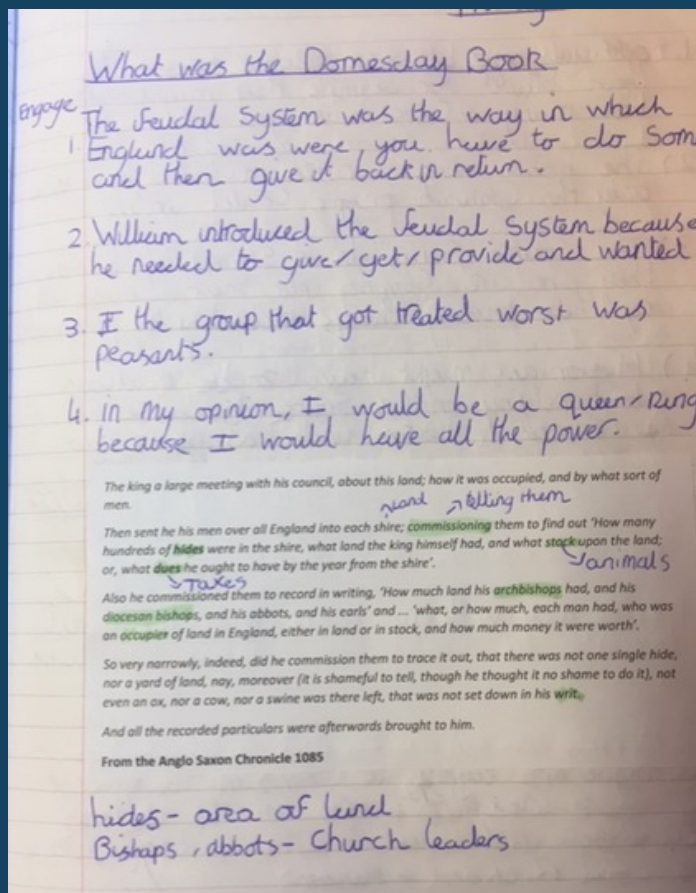
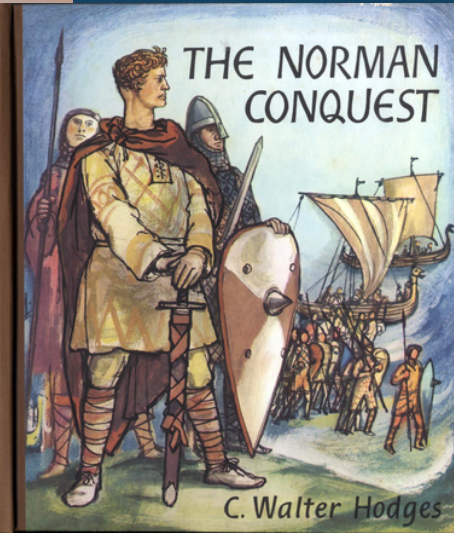
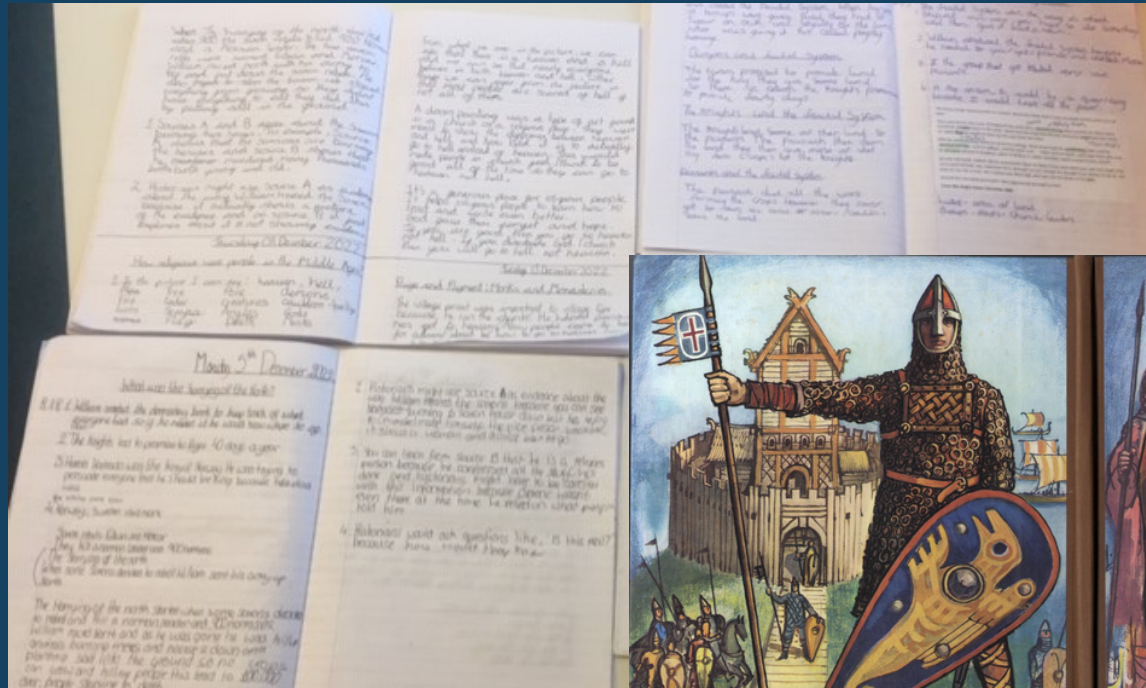
Students have been learning about the Battle of Waterloo as part of their GCSE lessons. They have been recreating the battle which has been extremely interesting as students have taken on our trainee History teacher, Mr Highfield in a reconstructed battle. I am delighted to announce that the students managed to win!



History

A message from Mr Hilditch...

Year 7 History learners have been looking at medieval England and how the country was changed after the Norman conquest. This has included studying the Domesday Book, the use of castles, the harrying of the north and the feudal system. We are currently looking at how and why religion became so important to people during this period.



History

A message from Mr Hilditch...

Our Year 8 learners have been studying Charles I and the English Civil War. They have been looking at how people chose sides during the conflict, how Parliament eventually won and what this meant for England. We are now looking at the aftermath of the war and how England was changed during this period.

STUDENT work samples



Who has the advantage in 1642?

Royalists:
 Nobles - lots of troops
 Support from nobles
 Control ports & castles
 Experienced soldiers
 Believe in their cause!

Parliament:
 Merchants - lots of money
 Support of the Navy
 Control ports & castles
 Religious motivation
 Believe in their cause!

I think the Parliament will win.

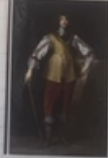
I think Parliament will win and have the advantage in 1642 due to a few factors. One of them include the support of the Navy. This is a big factor because the Navy can fight for them whereas the Royalists only have soldiers. Also religious motivation is a big thing as it's exchange them.

Key words:
 Papist - Catholic - pope
 Republic - A country that has no monarchy, and in which supreme power is held by an elected body.

Diggers:
 - everyone should share land equally
 - we should work together instead of a few big landowners


Thursday 17th November 2022
What did people fight for in the English Civil War?

Royalist war aims:



- Fought to defend the position of the King at the top of the social order.
- Some vowed to defend religion against what they saw as fanatical Puritan influences.
- Planned to work with a new version of Parliament once the war was over.

Parliamentary war aims:



- Aimed to protect the rights of Parliament to perform its traditional role.
- Wanted to reduce power of the King by forcing him to agree to limits upon his power.
- Had little appetite to make England into a Republic - Don't want England to not have a monarch.

Puritans:

- want to remove all Catholic elements in England
- want to destroy superstitions, statues and idols in churches and all cathedrals.

Levelers:

- use the war to bring more everyone to have a more and more amount of land.

1. The 'Self-Denying Ordinance' meant that MPs could no longer command soldiers in the army as they are not allowed to anymore.

2. The new leadership would impact on decisions because now the soldiers could choose someone experienced who is leading them than some random MP who has no idea what he is doing. This would be more that they have more chance of winning a war.

Source A works:

1. The quote from Oliver Cromwell suggests that he wanted a captain that knows what he is fighting for which could be for multiple reasons, such as what he knows which is what he believes in and the information he has gained.

2. The quote tells historians that Cromwell had a plan and did not want a random MP taking them into battle and would have an experienced person instead. It also tells historians that he was being brutal in anything Parliament related which was true.

3. Cromwell wanted soldiers like this because it would improve their fighting skills and to give them a better chance of winning a war.

Source B: Extracts from the 'Soldier's Catechism' (1644), a pamphlet that was given to every soldier in the New Model Army and which they were expected to read. It was written by Richard Baxter, a chaplain in the army.

Q: What is it that you chiefly aim at in this war?
 A: At the subduing of a most corrupt, base, infamous, unchristian, and unbecoming Gentry.

At the advancement of God's kingdom and the purity of his Ordinances.

At the bringing to justice the enemies of our Church and State.

At the subduing of our Parliament, which are the Subjects and enemies, and the Crown of our Nation.

Q: What are the principal things required in a Soldier?
 A: That he be religious and pious.
 That he be courageous and valiant.
 That he be skillful in the military profession.


• This source suggests that the 'New Model Army' was fighting for religion, for example, it says:
 • "At the advancement of God's kingdom and the purity of his Ordinances".
 • "At the bringing to justice the enemies of our Church and State".

These quotes show that they want to bring justice to the wrongdoers, being pious to God's ordinances.

Q: By the check and state.

Charles for the Chap!

On 30 January 1649, the Charles I was executed for treason on the side of the Banqueting House in Whitehall. The axe fell, and the executioner cut his head off in one clean blow.



Before Charles I was executed, he quoted:
 "I go from a corruptible to an incorruptible crown: where no disturbance can be, no disturbance in the world." Also, when Charles was at his last place, he requested to pray, and his wish was granted.

The people who went along with this and decided to act were Oliver Cromwell and his followers.

After his shocking death, England became a Republic and Cromwell took over the reins under the self-appointed title of Lord Protector, but this did not last long.

Monday 16th November
Who was Oliver Cromwell and how did he change England?

1. The king was executed by Parliament because he committed treason, murder, burning, damage and desolation according to them. During the civil war, being executed.

2. At his trial, Charles I acted arrogant and he thought that he was ideal as he owned the crown, location that they were in.

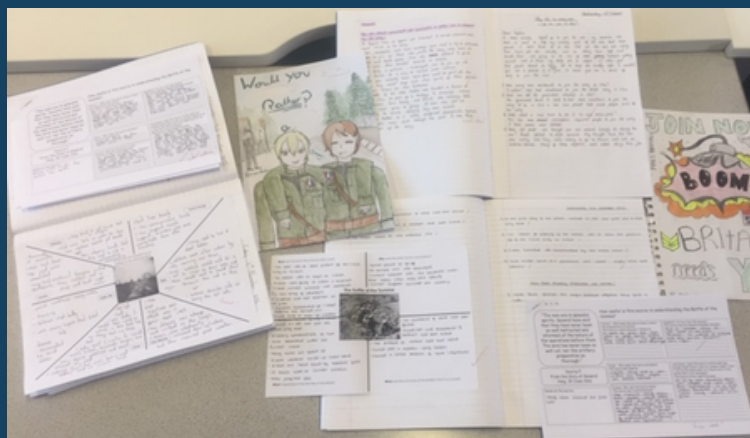
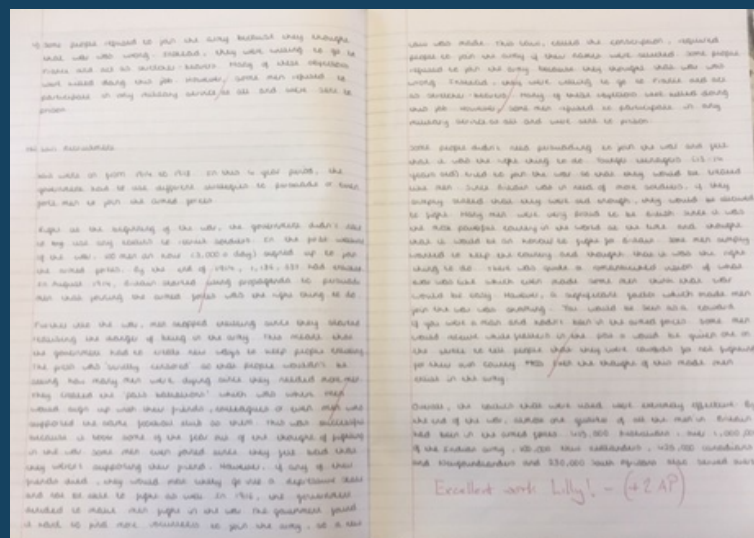
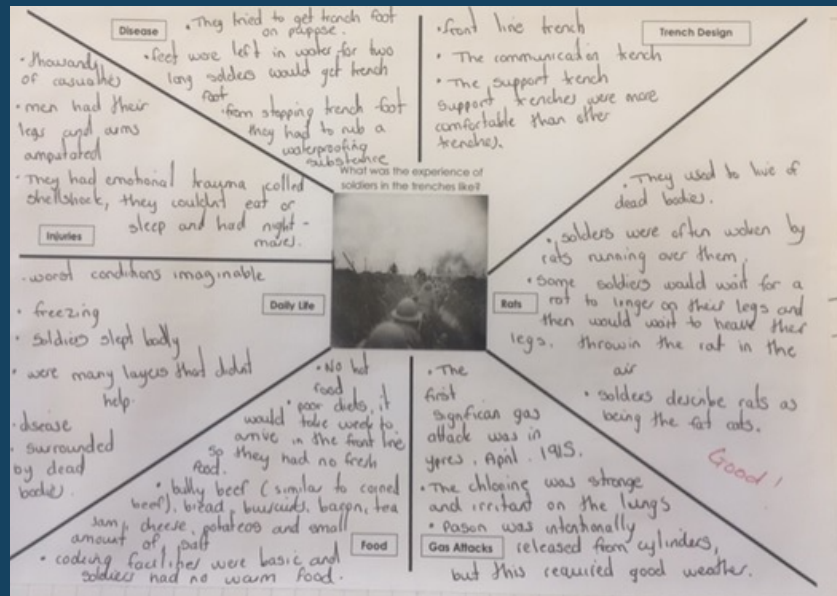
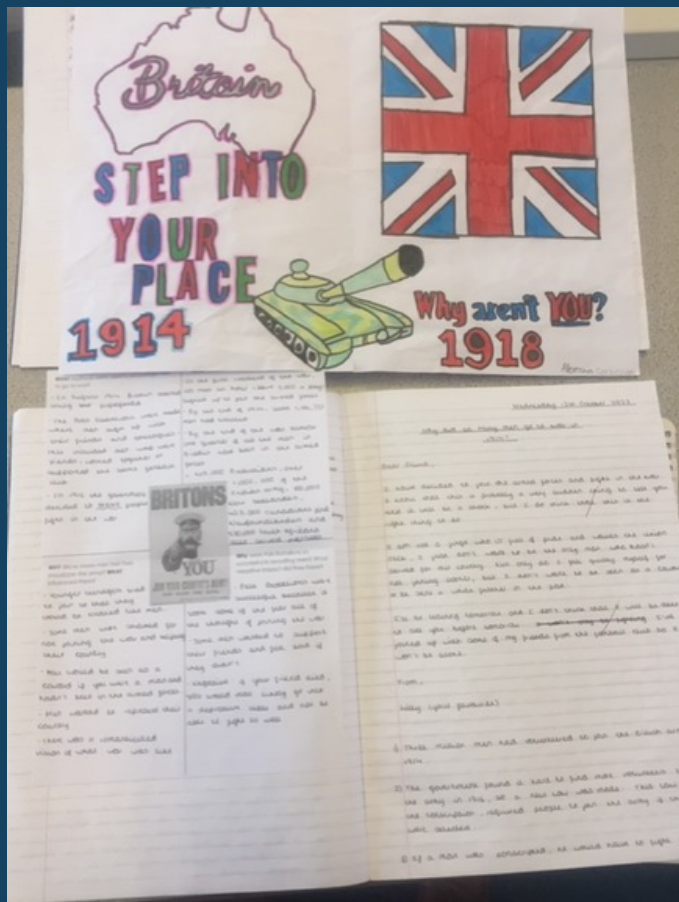
3. Mary queen of Scots was a threat to Elizabeth because she was seen as more fit to rule for multiple reasons.

4. The Domesday book is a book that records taxes and keeps track of what they own, and it was written in Latin.

History

A message from Mr Hilditch...

Our Year 9 History students have been conducting an investigation of World War One including trench warfare, the use of propaganda and a case study on the Battle of the Somme. In particular they have been using evaluation skills to make a judgement on the performance of General Haig during this iconic battle.



Art

A message from Mrs Mason...

Year 7 have been making Christmas Cards to take to the local Care Home. They used their iPads to help design a festive design on the front of their cards. On the 15th of December, Isaac and Amber delivered the cards to 'Maple Tree Court' Care Home next door to our school to spread some Christmas cheer. Well done Year 7!!



Art



**PROUD TO
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A message from Mrs Mason...

Years 8 and 9 have taken part in a Minecraft challenge to create a the most elaborate Gingerbread House. Here are some of the examples of student creations.



Warhammer Club

A message from Mrs Mason...

Warhammer club is now underway with Josh and Aaron heading the club and attracting new members.

Here are the first models being made in the club that runs each week.



WARHAMMER



**PROUD TO
BE
KSS**

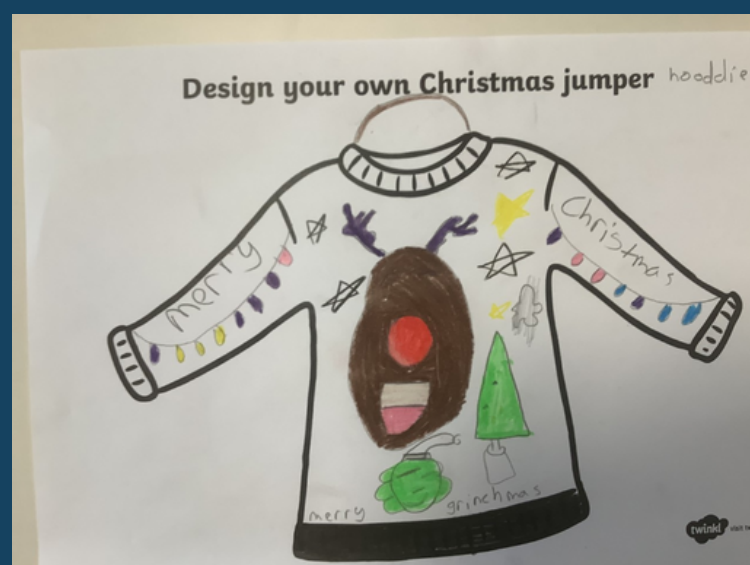
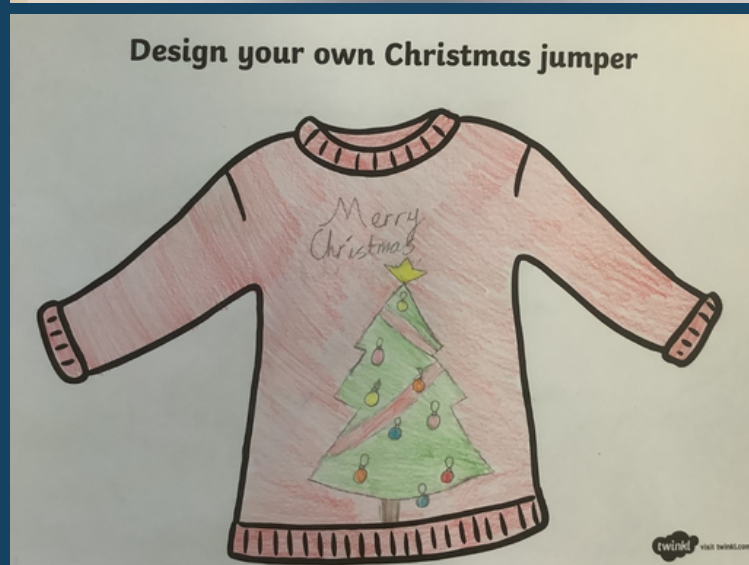
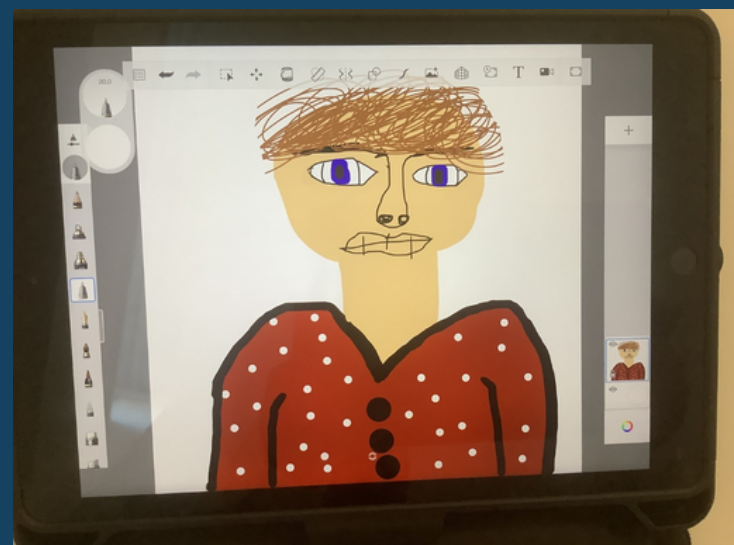


Shaw Education Trust

Personal Development

A message from Mr Baldwin...

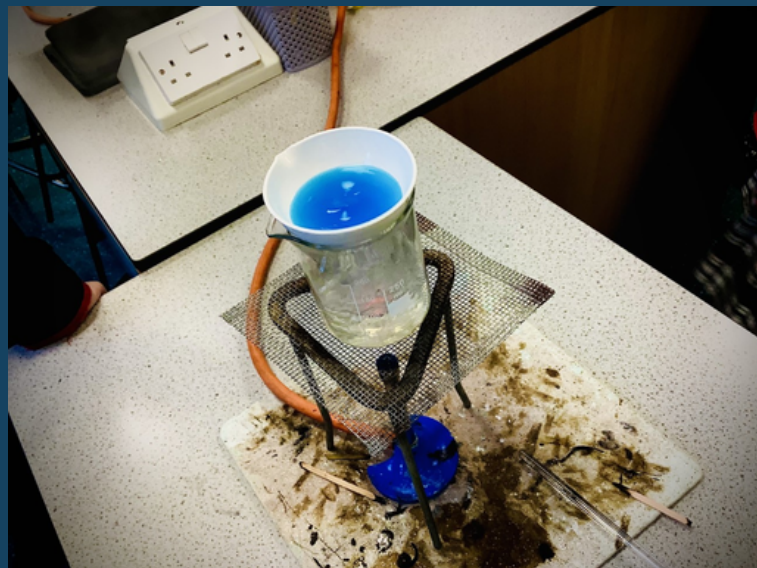
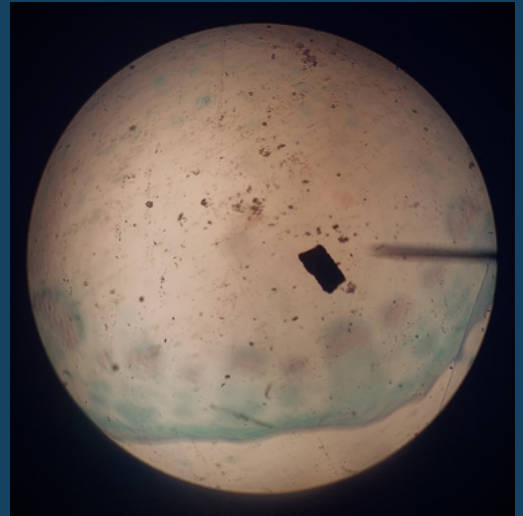
After 7K spent part of their Personal Development lesson studying the origin of the Christmas jumper and the work that the charities do, they each had the opportunity to design their own jumper. Some took inspiration from the Fair Isle design and some took inspiration from the World Cup but overall, each design was unique and brilliantly designed. Well done!



Science

A message from Ms Baker...

Science Ambassadors will be selected next term and I wanted to share that I am also a STEM Ambassador and I will also be completing STEM activities with students during our meetings – this will be great as they can have a go at practical's and see some fantastic science at work! Meetings are every Monday lunch time in Room 24.



Science

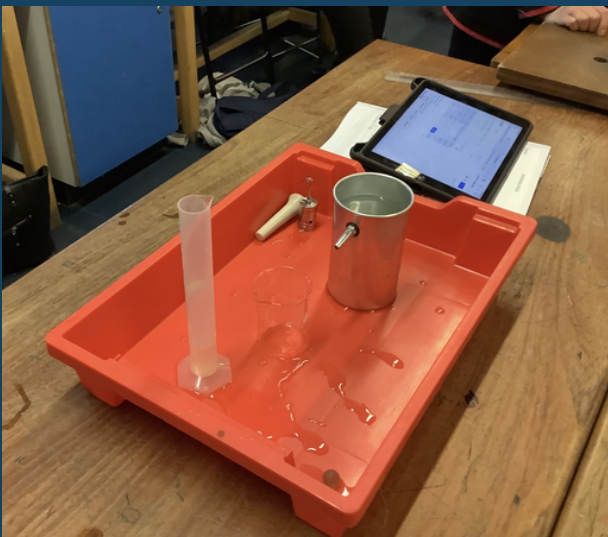
A message from Mrs Podmore...

In science year 10 were calculating the density of various objects.

The students used a top pan balance to measure the mass of the object, then they placed the object into a eureka can filled with water. The object displaced some water from the can which was collected using beaker and measured using a measuring cylinder.

They then went on to calculate the density of the object using the formula, $\text{Density} = \frac{\text{mass}}{\text{volume}}$.

Well done year 10!



Celebration Assemblies

Well done to all certificate winners from all of the year group assemblies today. An amazing achievement for all selected.

This demonstrates the fantastic growth mindset of our school community and the impact that the core values are having upon student progress.

Well done and for students that did not achieve recognition on this occasion, we will do this all again before the end of the next half term, so please give your best in all lessons when we return in January.



Celebration Assemblies



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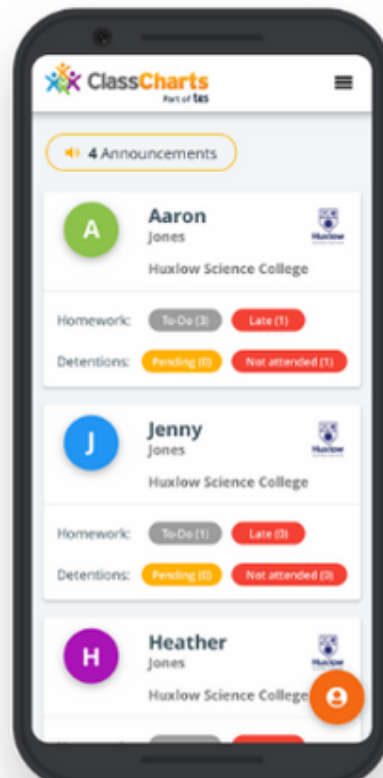
Class Charts

A message from Mrs Postlethwaite...

'Class Charts'



We now have over 85% of parents signed up to Class Charts. If you haven't already signed up and need your login code, please call reception and they will be able to provide the to you. On Class Charts you will see attendance to lessons, rewards, detentions and a full breakdown of behaviour. There is also the function to message individual teachers. Moving forward, more communication will come through Class Charts so please download the App if you haven't done so already. If you need any help setting up the app, please pop into school and a member of staff will help you get up and running.



WINTER SMART WINTER SAFE

WINTER CAN BE A BEAUTIFUL TIME OF YEAR,
WITH WHITE GLISTENING TREES AND TIME FOR SNOWBALLS!

THIS BOOKLET IS A FUN WAY TO LEARN HOW TO KEEP YOURSELF,
FRIENDS AND FAMILY SAFE AROUND WATER, WHEN THE WEATHER TURNS
CHILLY AND NEW DANGERS APPEAR. PLEASE SHARE THESE MESSAGES
AND SAFETY TIPS WITH OTHERS TO HELP US PREVENT DROWNINGS
ACROSS THE UK AND IRELAND.



NEVER WALK ONTO THE ICE

The ice could crack at any time!

Water under the ice is extremely cold, it will take your breath away if you fall in. You can't swim in ice cold water.

If you fall through, you could drown!

WHAT DO I DO IF...

Someone else falls through the ice?

Shout for help and call 999 (or 112) for the emergency services.

Stay off the ice

Don't risk falling in yourself

If they can't climb out, tell them to stay where they are

Throw something that floats for them to hold on to, like a life-ring or even a football

Wait for the emergency services, and encourage the person in the water to hold on

SNOW, ICE AND WIND CHILL

- **Ice** is just frozen water. Water freezes when the temperature reaches 0°C or colder
- **Snow** forms if the cloud is below 0°C. When the cloud is cold enough, the water in the cloud turns into ice instead of rain and the tiny ice crystals stick together to make snowflakes
- **Wind chill** is the extra coldness that you feel when cold wind blows past your skin. The stronger the wind, the faster your body loses heat and the colder you feel

Walking on snow and ice

No matter how well the snow and ice are removed from pavements and car parks, there will still be areas that are slippery and icy.

Winter WATER SAFETY

In winter, more people who are walking or running alongside water fall in and drown than in any other season.

Slippery paths, patches of ice and a lack of daylight can make being near water more dangerous than in the summer months. If you fall into the water, the cold temperatures make it difficult for you to control your breathing, to use your hands to climb out and can even cause you to have a heart attack.

So, follow our safety tips to make sure that your winter walks are enjoyable and safe.



KEEP BACK FROM THE EDGE

When walking alongside water keep back from the edge.



ONLY USE WELL LIT AREAS

Time your walks to make the most of the daylight; if you need to walk in the evening only use well-lit areas or take a route not alongside water.



KEEP DOGS ON THEIR LEADS

Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.



TEACH CHILDREN NOT TO GO ON TO THE ICE

Teach children not to go onto the ice under any circumstances.



DON'T GO ON THE ICE TO RESCUE A DOG

Don't go onto ice or into the water to rescue a dog, move to somewhere that the dog will be able to climb out and call them towards you.



TOP TIPS

1. WALK CAREFULLY AND REMEMBER THAT ALL WET OR DARK AREAS ON PAVEMENTS COULD BE SLIPPERY AND ICY
2. WEAR BOOTS WITH LOTS OF GRIP
3. BE EXTRA CAREFUL WHEN GETTING IN AND OUT OF CARS AND BUSES (NEVER JUMP)
4. ONLY WALK IN SAFE AREAS – CUTTING ACROSS PILES OF SNOW AND ICE COULD BE HAZARDOUS
5. NEVER WALK ONTO ICE ON A POND, LAKE, CANAL OR RIVER (THERE ARE ALWAYS WEAK AREAS THAT YOU COULD FALL THROUGH)

COLD WATER HAS EXTRA DANGERS

Even if there is no ice, in winter the water is much colder than normal and you cool down much faster when you are wet, than when you are dry. When you are cold your muscles get weaker, slow down, and get tired more quickly. All these effects on your muscles mean that you can't swim as far as you can normally.

Many people drown because they don't realise that cold water reduces their ability to swim.

- YOUR NORMAL TEMPERATURE IS AROUND 37°C. WHEN YOU ARE COLDER THAN THIS, YOUR BODY CAN'T WORK PROPERLY
- IF YOUR TEMPERATURE DROPS TO 35°C OR COLDER, YOU WILL BECOME HYPOTHERMIC AND VERY ILL