



TAKING NOTICE means ‘actively bringing our mind’s attention and interest to the world around us and ourselves; what is going on around us and how we feel.’

HALF TERM TV RECOMMENDATIONS from staff and students

AKEELAH THE BEE, COCO, COLLATERAL BEAUTY, DADDY DAYCAMP, DESPERATELY SEEKING SUSAN, DIRTY DANCING, HANCOCK, HOME ALONE (ALL OF THEM!) , HUGO, INSIDE OUT, IRON GIANT, KINDNESS IS CONTAGIOUS, NORBIT, PADDINGTON , PLAY IT FORWARD, SHAMELESS, SISTER ACT, SOUL, SOUND OF MUSIC, TURBO, UNCLE BUCK, UP, WONDER, YESTERDAY....

How to take notice

Walk around and explore a space you feel safe in

When walking in a place you know try and focus and notice small details, for example, the sounds of the birds, the rain on the grass or the wind in the trees.

Try and see things with new eyes

Enjoy what is around you, focusing on what is here and now rather than the future and what could happen. This can help you change your view of things and help you be the best possible YOU.

Look for beauty – even in the unexpected

Look out for colours, textures, shapes, reflections in water and shadows. Look down, look up and around you.

Get Creative and take a picture

Take pictures with a camera or your phone. Try and capture what is in front of you and its beauty. Send your pictures in to school – we would love to see them.

Every journey has a purpose

Everything you do serves a purpose – even if it is just going to the shop for milk. A simple walk out is so much more – it offers time to breath and do some exercise, and an opportunity to engage with others and enjoy the world around you.

STAYING SAFE ONLINE

BY KETTLEBROOK STUDENTS (Year 9, 10 and 11)

‘not everything you see online is true’

‘Social media would be better if you couldn’t see other people’s likes – as it becomes competitive.’

‘Remind yourself that most people only put their best bits online – everyone has a bad day too!’

‘Be aware that your location can be shown on your phone.’

Be careful if you have a public account as you will have people on there that you don’t know. So, if you are tagging your location you could be putting yourself at risk. Even with a private account, remember that if you post pictures of yourself when you’re on holiday you are making it known that your home is empty! Be careful what you post, even if you delete it, there will be some kind of trace of it – especially for future jobs and stuff.

DO

Have a secure password
Choose a profile picture that looks nice but is appropriate
Report any abuse – to parents, the provider, school or the police
Make sure the people you are following are making a positive impact on your life.
If someone tries to add you, ask what they look like to make sure they are who they say they are

DON'T

Don’t threaten or say mean things
Don’t say something back if someone is mean to you – just report it
Don’t put personal information (or addresses!!) on line
Don’t friend strangers
Don’t follow influencers who are going to make your mental health worse
Don’t have school uniform visible on any pictures



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