



And breathe...

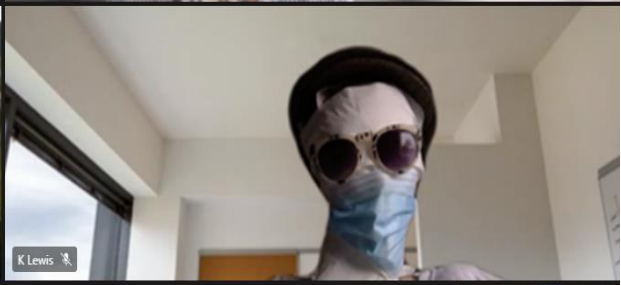
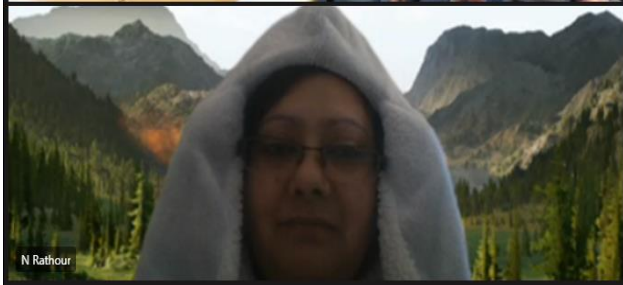
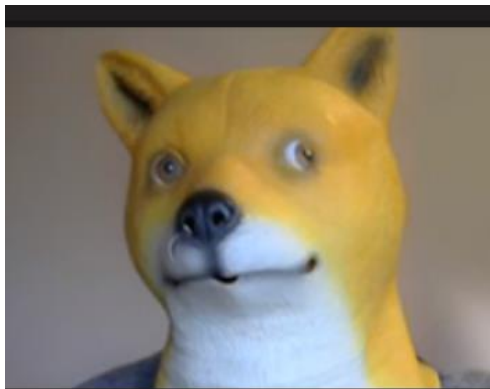


Send your pics to Sophie.Norrington@kettlebrook.staffs.sch.uk

And smile...

World Book Day 2021

Thursday 4 March had staff dressed up as characters delivering lessons linked to reading – thanks Mrs Patel for arranging all the fun!





The students of Kettlebrook are already working hard in their lessons.



Young Minds Crisis Messenger Service

Text YM to 85258 for free 24 hour mental health support.

www.childline.org.uk - freephone 24/7 helpline 0800 1111

www.samaritans.org - freephone 24/7 helpline 116123

WE'RE HERE
FOR YOU!

**Kettlebrook Short
Stay School**

office@kettlebrook.staffs.sch.uk

Tel : 01827 312840

Keep Learning

This isn't about school lessons!
It's about being curious and following your interests.
When something interests you, google it. Find out more.
Try new things.

Be Active

Get outside and walk/run.
Dance.
Try something new and link it to 'keep learning' – yoga online/kickboxing.
After lockdown, link it to 'connect' and try a team sport.



Give

Smile at someone and say 'hello' when you pass them.
Help out someone you live with by doing something for them without being asked.

Connect

Speak to friends.
Have a games/film night with family.
Arrange a zoom quiz.
Facetime a relative.

Notice

Focus on your breathing – in for 4/out for 4.
Concentrate on your 5 senses: eat a chocolate bar square by square and really focus on the smell, taste and texture.
Draw/colour.

