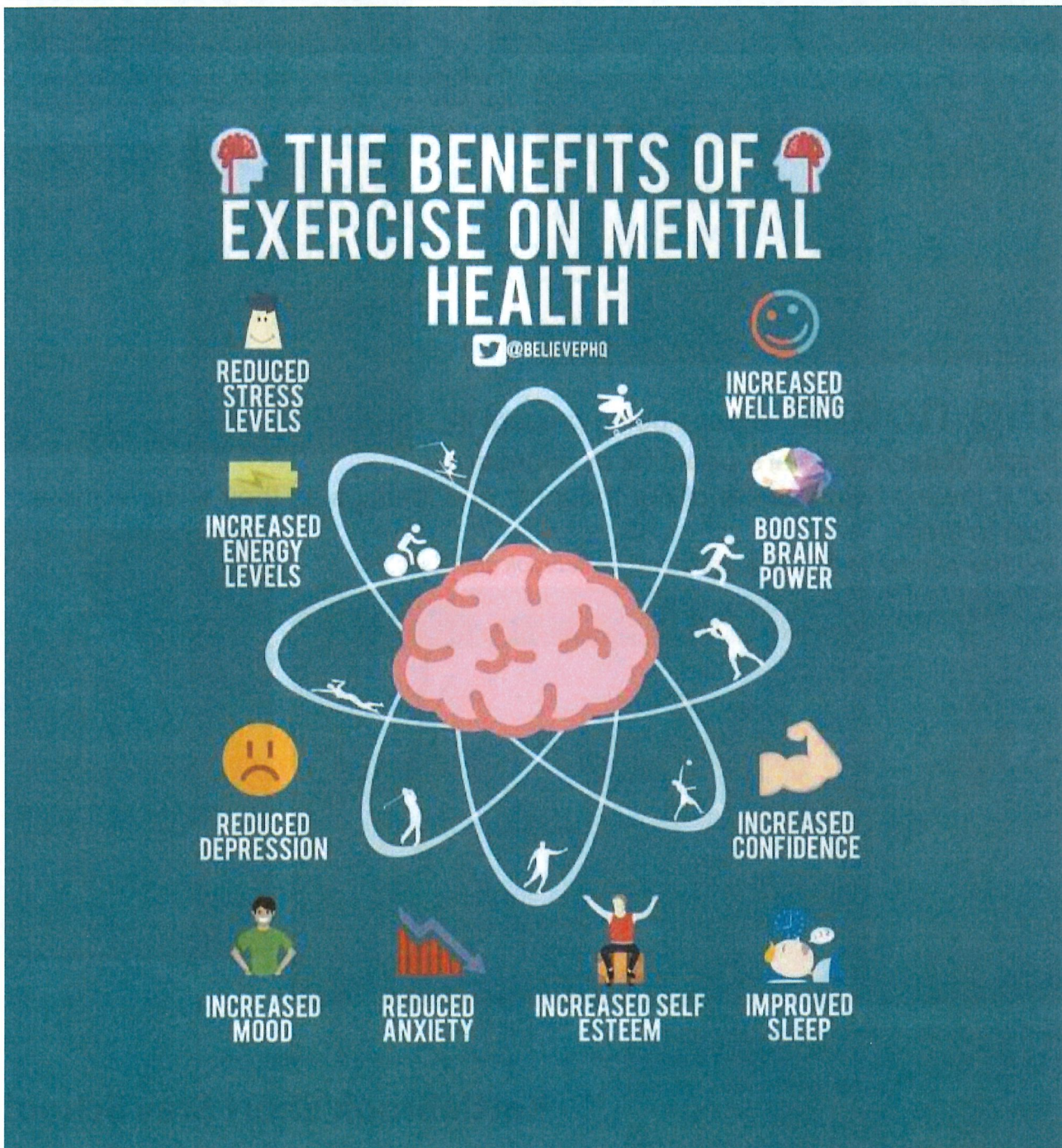
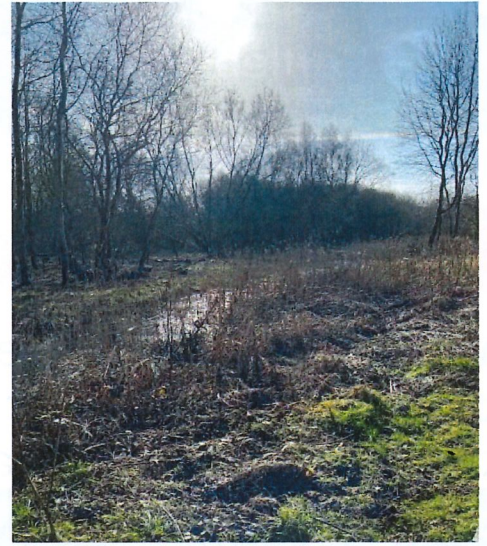


Be active

Experts recommend that we should aim for 60 mins of some kind of exercise each day. Even under lockdown we can go for a bike ride, a long walk, dance in the kitchen or build an obstacle course!



Your mood lifts when your heart starts pumping!

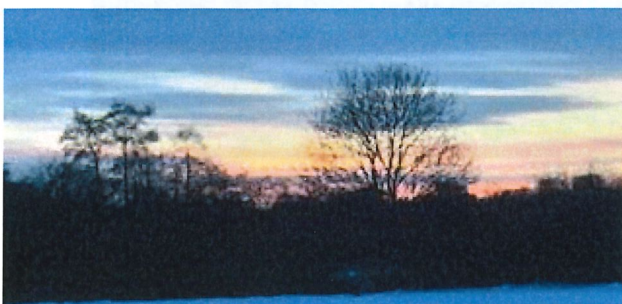


Thank you to Mrs Lewis, Ms Mansell, Ms Margerrison, Miss Norrington, Miss Pordage, Mrs Potter and Mr Sims



Taking notice means being present in the moment; observing what's beautiful or unusual in the world. It means being aware of our thoughts and feelings as they arise, without getting lost in them.

Please send your pictures to Sophie.Norrington@kettlebrook.staffs.sch.uk.



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