



[www.openclinic.org.uk](http://www.openclinic.org.uk)

On Friday 23 April we had a visiting speaker from the NHS Sexual Health Prevention Team. Trudi presented about positive relationships, different STIs and how to prevent catching them, contraception as well as Consent and the Law. Trudi was well collected, didn't judge and listened to what everyone had to say. She was really kind. I think that she wanted the best for everyone. Trudi says that she visits lots of schools and she loves coming to Kettlebrook because the students are so respectful and friendly.



Contraceptive advice is free for everyone and you can get contraception for free. It is possible to get a Condom Card through the SHPT ([mpftprevention@nhs.net](mailto:mpftprevention@nhs.net) and there is more information and advice online) and with the Condom Card you can get free condoms even if you are not 16. Trudi will visit the school regularly and we now know that if we are worried or need advice, there are kind people like Trudi ready to help.

*Year 11 Student*



Sunrise and Kenilworth Castle. All photos to [Sophie.Norrington@kettlebrook.staffs.sch.uk](mailto:Sophie.Norrington@kettlebrook.staffs.sch.uk).

We watched a video where a man who has been convicted of murder explains how he wishes he hadn't been carrying a knife. He says he wouldn't have killed anyone if he had left the knife at home. It made me think of the kid who has been beaten up in Tamworth – how that could have been even worse if a knife had been there – someone could have died. It's horrible that someone can just be going out and



end up really hurt. The man on the video said that no one would have died if he hadn't been carrying a knife, which he'd just taken from the kitchen drawer. Also when the kid was beaten up in Tamworth, there were loads of them against just one, which makes them cowards.

**Year 9 Student**

The *Knife Angel* (also known as the *National Monument Against Violence & Aggression*) is a contemporary sculpture formed of 100,000 knives, created by artist Alfie Bradley

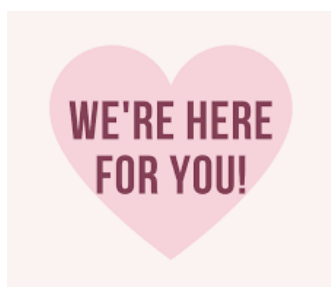
**MESSAGE FROM THE POLICE:** There is a bin inside St Edithas Church in the Town Centre where anyone wanting to dispose of bladed articles can do so there where they will be disposed of safely.



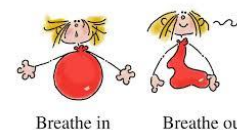
## NEXT STEPS STRESS BUSTERS

Our year 11s are busy completing work to evidence their qualifications. Our *Next Steps Stress Busters* leaflet has been written to help parents and students prepare for the new chapter in their life.

| Some Do's   | Some Don'ts  |
|---|--|
| Come to school as much as you can – attendance is everything, so you can get the grade you're capable of. | Don't give up – try and tick one or two things off the list of stuff that needs doing every day!       |
| Have a plan – see Kelly (the Careers Advisor) and get your college place secured.                         | Don't give up on your dreams – instead do some research and find out what you need to do to get there! |
| Eat breakfast, bring water and keep your body healthy so you are ready to learn.                          | Don't do things that are going to keep your mind from being ready to learn.                            |



**AND BREATH** – even if things do quite to plan, there is always a way forward, let us help you!



**Kettlebrook Short Stay School**

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