

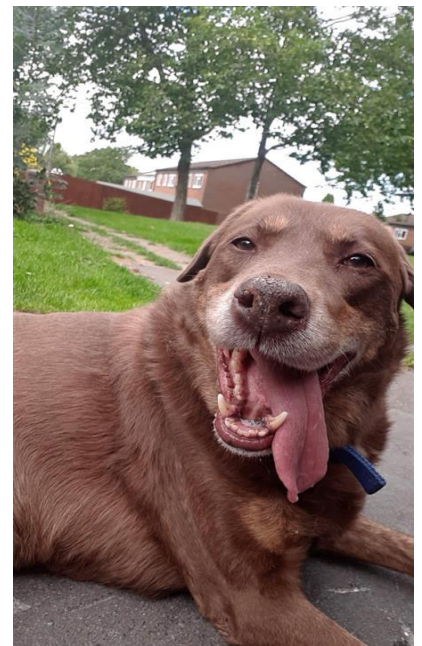
Wellbeing

In our community – for our community

At Kettlebrook, the wellbeing of all of our community is at the heart of everything we do. Happy, healthy staff and students enables all of us to achieve success that we all deserve. Wellbeing is very much our focus and we are working towards the Wellbeing Award for Schools. You may already have received a questionnaire that we hope you can fill so that your views and ideas can be central. Please can your questionnaire be returned to school as soon as possible. It is fundamental to us all at Kettlebrook that we continue to work together to support each other and be fully aware of wellbeing in emotional health.

WAS

promoting
emotional
wellbeing
and positive
mental
health



Some of the wonderful pets! Keep the pictures coming to Sophie.Norrington@kettlebrook.staffs.sch.uk

WE'RE HERE
FOR YOU!

**Kettlebrook Short Stay
School**

office@kettlebrook.staffs.sch.uk

Tel : 01827 312840



In Sept 2020 we signed up to receive free healthy breakfast food as part of the COVID19 response offer, organised under the National School Breakfast Programme (NSBP).

This has been greatly received and has been successfully distributed out to 40 families, every 2 weeks and hopefully this continue till June.



Eating a healthy breakfast before starting the school day is linked to improved **concentration, better test scores, increased energy, a higher intake of vitamins and minerals, and even a healthier body weight.** Breakfast is especially important for young students whose brains use up about half of the body's energy.

N Rathour, Coordinator

FRIENDSHIP IN LOCKDOWN - By students for students

DO'S

DON'TS

Keep in touch
 Listen
 Maintain **trust** – *only share something if you're worried about someone's safety*
Share your thoughts
 Be honest
 Keep alert – if your friend is sad, find out why- *tell someone if you're concerned*
 Know your **boundaries** – you might disagree with your friend – that's OK but **respect** their point of view
 Remember to **laugh**

Don't pester – if someone is busy, don't take it to heart
 Don't share private information, histories or feelings – *even when angry or a friendship has ended you should maintain trust*
 Don't judge or say unkind things
 Don't hold to grudges and bitterness – *some relationships don't work out – move on positively without being mean*



There are some big issues out there – some people have been through some dark days. It is important never to make fun of things like death, self-harm, divorce, family breakdown, mental health issues. Someone in the room may know about it first hand.



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

