

Wellbeing Weekly

COMMUNITY – We want to find out more about our **Community** at Kettlebrook. We would love to receive photos, stories and histories from in and around **Tamworth**. The students will use these to enhance their learning in all subjects this half term. Please send them in, or email them to Sophie.Norrington@kettlebrook.staffs.sch.uk

BRAVE THE SHAVE MACMILLAN CANCER SUPPORT



Macmillan Coffee Morning Friday 24 September 2021

We look forward to welcoming family and friends of Kettlebrook to a coffee morning (10am -12.15) to help raise money for this excellent charity.

Macmillan offers support to thousands of people and we know is a charity that means a lot to many students, staff and their families.

Our very own Mrs Lawton will **BRAVE THE SHAVE** to raise funds! Sponsor form in school.

Move over Emma Raducanu and her tennis win! Mr Sims completed the North Run in 1 hour 26 mins And he's still smiling!





TIPS TO BE A GOOD FRIEND

1. Get face to face if/when you can. Online is OK, but catching up for real is better so you can give your full attention.





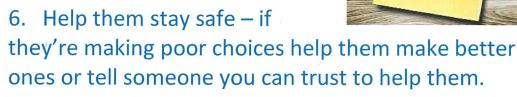
- 2. Make time for them have a regular plan if you can and stick to the plan!
- 3. Listen carefully and show you have by asking questions.





- 4. Maintain trust don't 'chat' behind their back or share their feelings/stories/secrets to others.
- 5. Notice when they've been kind or supported you easiest way is to say thank you!







New School Year - a great chance to make a fresh start with work and to start planning a future. Mrs Wright, our Careers Advisor, is in every week and will be supporting students with their college and work plans. Students should speak to their keyworker if they'd like to meet her.

Kettlebrook Short Stay School

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