



## Macmillan Coffee Morning

Thank you for our fantastic morning – what fun we all had! We raised £105 for Macmillan and Mrs Lawton raised over £700 by ‘braving the shave!’

*‘A heartfelt thank you to all those who supported the day – it meant a lot.’ Mrs Lawton*



Our students’ cooking skills continue to go from strength to strength. Most of the food produced doesn’t make it much further than the kitchen before it is devoured by students and staff!



Students can learn to play keyboard, guitar, drumkit and vocals in school.





Next Friday 8 October is

## *World Mental Health Day*

and in school we will have a little splash of yellow to brighten the day. At Kettlebrook we believe wellbeing and mental health is essential and we provide strategies and support to students every day.

**According to research these 5 things can really help to boost our mental wellbeing.**

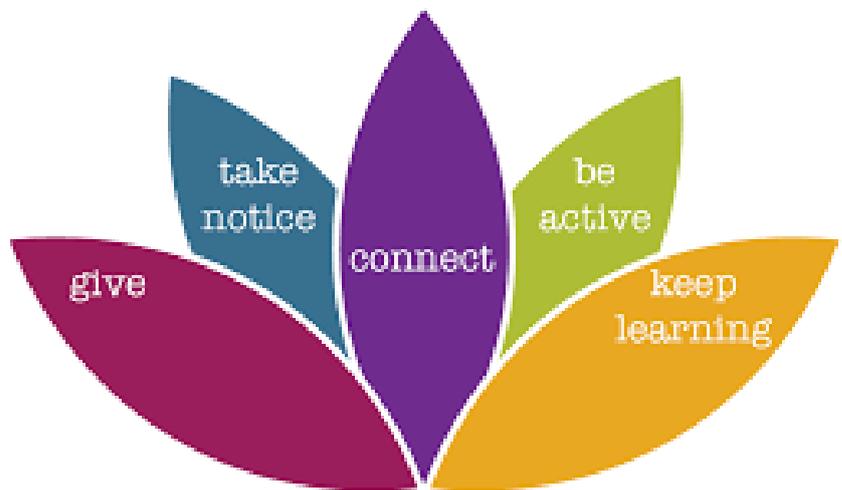
**Give** Even the smallest act can count:- a smile, a thank you, a compliment or kind word. Larger acts like volunteering in the community can be very rewarding too!

**Take notice** Be aware of the present moment including your thoughts and feelings. Think of the little things that make you feel happy. Remember 3 happy things before you sleep.

**Connect** Connect with people around you. Family. Friends. Neighbours. Teachers. At school and at home and in your community. This supports and enriches your every day.

**Be active** Spend time outside. Walk. Run. Cycle. Dance! Exercise makes you feel good!

**Keep learning** Try something new! Learn a new sport or learn an instrument. Join a club. Learning new things will make you more confident and it will be fun. And you will meet new friends.



## Five ways to wellbeing



**Kettlebrook Short Stay School**

[office@kettlebrook.staffs.sch.uk](mailto:office@kettlebrook.staffs.sch.uk)

Tel : 01827 312840

*Stepping Forward Together - Caring, Sharing & Aspiring*