

Wellbeing Award '21

Your views matter! We have had the views of staff and students, but would like the views of parents and carers too. Please complete the form using the link below. Get in touch if we can help.

<https://forms.office.com/r/mvJR4fg4yt>

 WAS

promoting
emotional
wellbeing
and positive
mental
health

Making plans for after Kettlebrook...

In PSHE students have worked with our Careers Advisor, Kelly Wright, to start thinking about career choices and what college courses would suit. These are individual choices that can't be made without knowing the opportunities out there. We will help in school, but talking about the future at home will be good too.

Research is key!

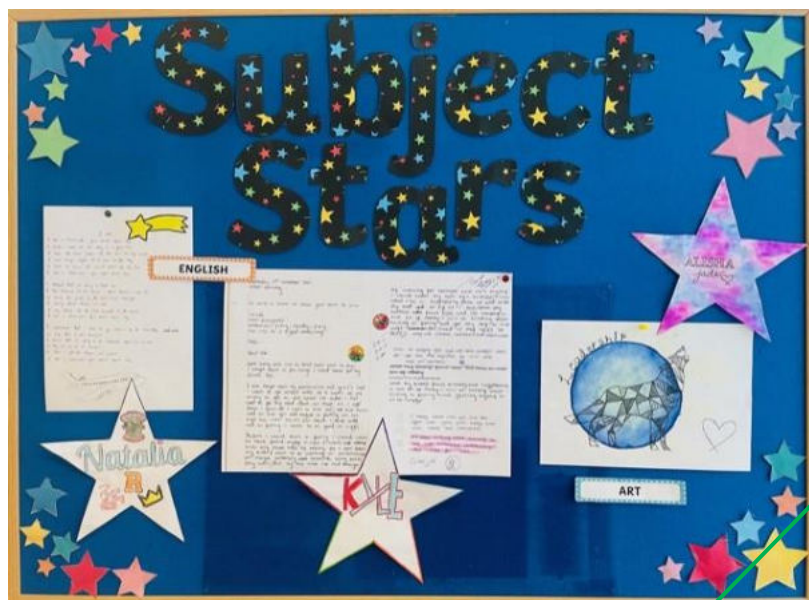
Get online and research websites and start **making a plan**.

Next open day at TORC and Tamworth College is Sat 27 November, **10-1pm**.

 We're here
for you

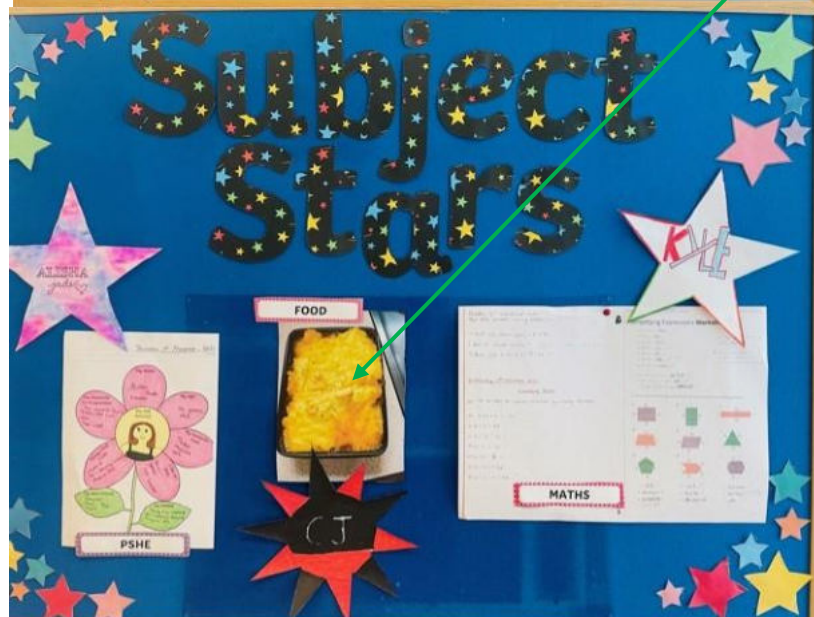
Kettlebrook Short Stay School
office@kettlebrook.staffs.sch.uk
Tel : 01827 312840

Stepping Forward Together - Caring, Sharing & Aspiring



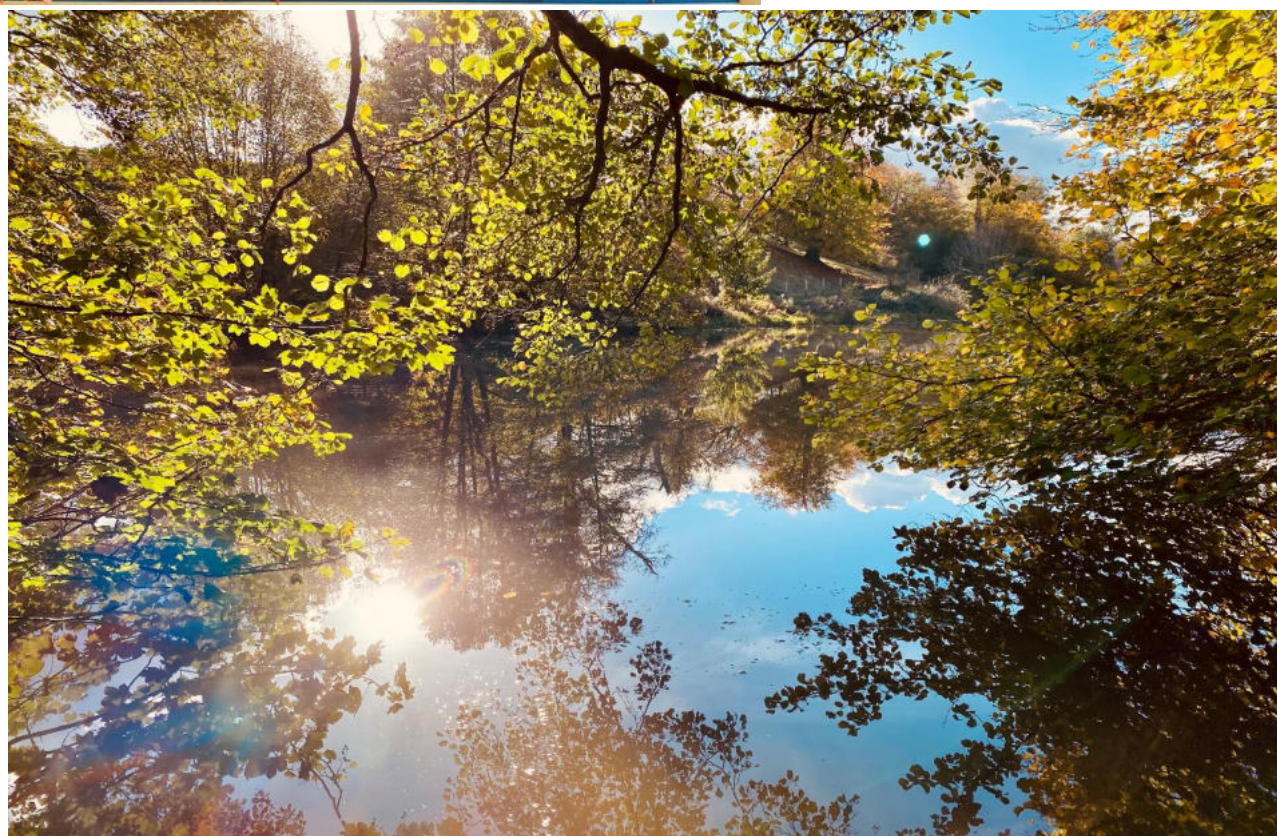
Work has been phenomenal once again! We have two boards this week with some of our superstars. Kyle Rooke has been working hard in Maths and wrote a letter to his future self in English - it was a lovely read and very well written! All pupils have been cooking Shepherd's Pie but the shining chef this week was CJ Horton who baked this masterpiece by himself - most of the other pupils worked in pairs but CJ is one of the youngest and made this by himself. Natalia Campbell has, once again, produced some stunning English work- a beautifully written 'I Am' poem whilst Alisha has been busy being thoughtful and creative in Art and PSHE! What an amazing week for our pupils- well done to all of you!

Mrs Patel



So many lovely pictures to be taken in the autumn.

Please send your pictures to
sophie.norrington@kettlebrook.staffs.sch.uk





At 11.00 am on 11th November 1918 the First World War came to end after four long years of bloodshed. Since then, servicemen and women who have served in all conflicts are remembered and honoured.

Students from Kettlebrook attended the National Arboretum on Monday 15 November and were able to view the many memorials and tributes left. Thank you to Miss Mansell and Mr Round for making this trip possible.

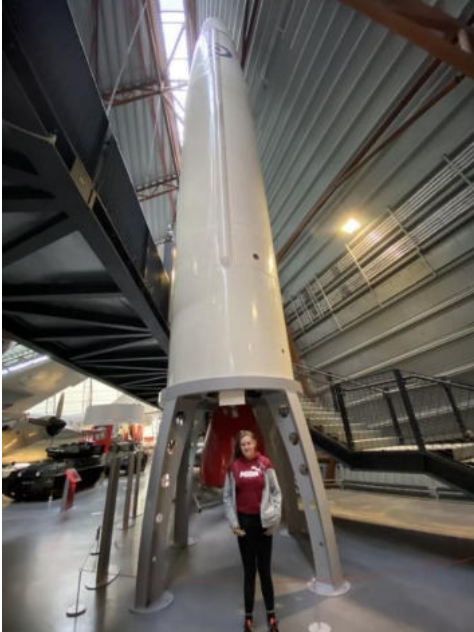
Remembrance Day, November 2021



RAF Museum Cosford Trip

On Tuesday, 16th November 2021 Mr Round and I took five students to the RAF museum at Cosford. On arrival we went to the 'Cold War' hangar to take part in a Rockets workshop led by the museum staff. All the students, Mr Round and myself were challenged to make rockets or missiles that would project across the hangar and hit the window. The tricky part was deciding how many wings to attach to the missiles, what shape the wings should be and where to position them. We all got an opportunity to have a test flight of our missiles. During the test flights G-Man managed to hit the window with his missile, closely followed by Alisha. G-Man then decided to make a double length missile which he called 'John'. We then took part in a final race which 'John' won!



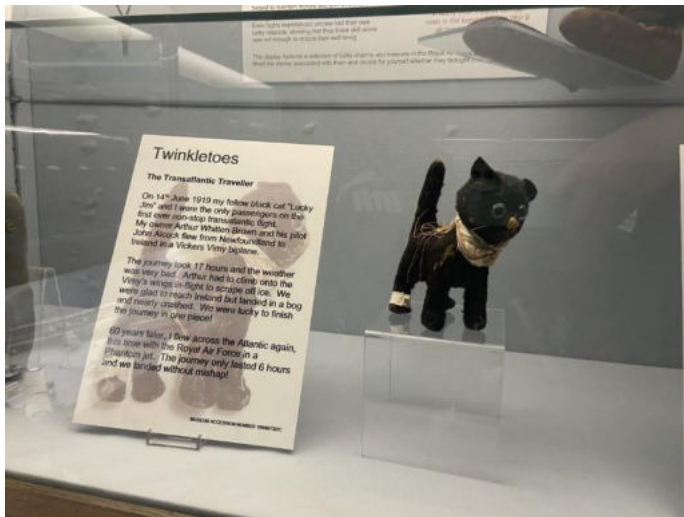


We then looked around the Cold War Hangar which contained lots of planes, tanks and missiles. Alisha and myself were amazed at how big one of the missiles were. Apparently 60 of them were made in the 1960s in case we entered a nuclear war. Fortunately, none were ever used for that purpose. Some of them were used later by the Americans to launch satellites into space.

Alisha stood next to the missile so we could get an idea of the size!



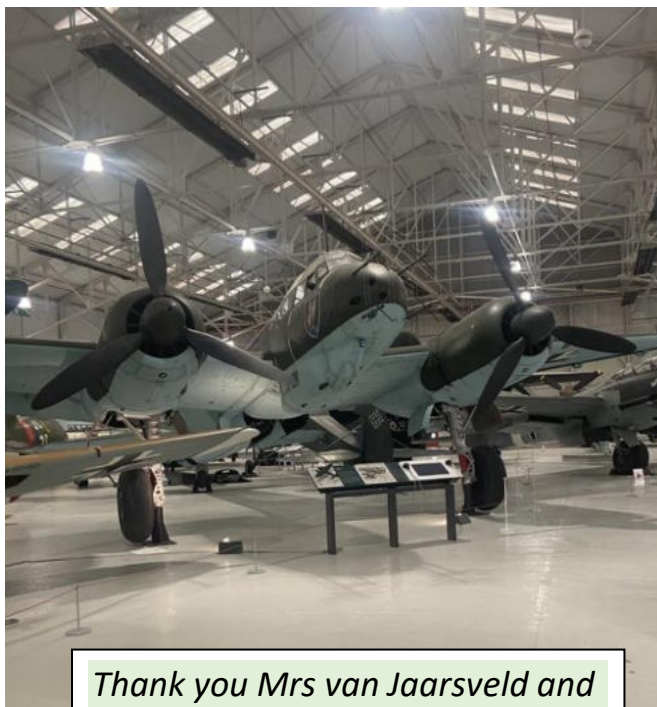
We then went into the 'Test Flight' and 'War in the Air' hangars to see a collection of fighters and bombers from Britain, Germany and Japan, including the world's oldest Supermarine Spitfire Mk I. Whilst in the 'Test flight' hangar we had a go at the 4D cinema experience 'Dog Fight – Red Barron' during which we were able to experience genuine combat with the flying aces of the First World War and see the speed with which the pilots reacted. I think the boys enjoyed wearing the 3D glasses a bit too much!



We looked at many fascinating exhibits as we walked round. The students were particularly interested by the different military uniforms that were on display around the various hangars. We saw lucky charms and mascots that were taken up by pilots, including 'Twinkletoes' who was on the first ever non-stop transatlantic flight.

We then went outside to look at some of the larger planes including a Lockheed Hercules C.3. Mr Round was telling us about how they are used during conflicts to transport military personnel and vehicles. After this we had some lunch in the visitor centre and made our way back to school. It was a really enjoyable day and the students behaved beautifully - a credit to Kettlebrook!

Mrs van Jaarsveld



Thank you Mrs van Jaarsveld and Mr Round for running this fantastic trip!





Mr Hall's Health & Fitness

Fitness can be broken down into different health-related components which form our overall health status. We will look at each one of these over the coming weeks.

CARDIOVASCULAR FITNESS

Definition:

-The ability of the heart, lungs and blood to transport oxygen around the body.

Sporting Example:

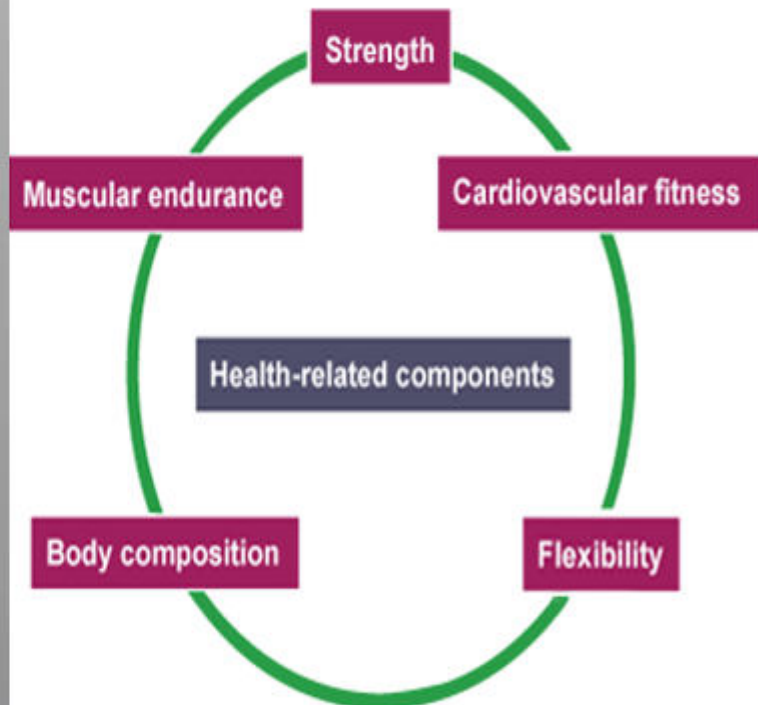
-Completing a half marathon with consistent split times across all parts of the run.

Benefits of improving cardiovascular fitness:

- Lower blood pressure, improved blood flow, lower resting heart rate and a more efficient heart.
- Decreased risk of heart disease, stroke and diabetes.

Some activities that improve cardiovascular fitness:

- Walking the dog
- Football
- Riding a bike
- Dancing
- Swimming



A teenager should perform 60 mins of moderate intensity exercise per day. It doesn't have to be in one go! You could do 4 x 15 minute sessions. Moderate intensity makes you warmer and breathe faster. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.