

Wellbeing

In our community – for our community

WAS

promoting
emotional
wellbeing
and positive
mental
health

At Kettlebrook, the wellbeing of us all 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 will have received a link to a questionnaire in the email. Please can you fill it in so that your views and ideas can be central to our plans as we move forward. 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.



We have seen some fantastic work from our pupils this week and I am sure there will be a few postcards going out! This week's Subject Stars are Natalia Campbell for excellent English work all week but in particular for her short story entry titled 'Happily Never After.' Corey Jay Davies has done some excellent work in ICT as well as creating a 'Me, Myself and I' board as additional Art work- well done Corey! Lastly, Abi Shelton has been working super hard with her Science work- you can see the pages of work. A great effort from some of our shining stars!

We're here
for you

Kettlebrook Short Stay School

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Stepping Forward Together - Caring, Sharing & Aspiring

2021-22 Issue 9



Take Notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

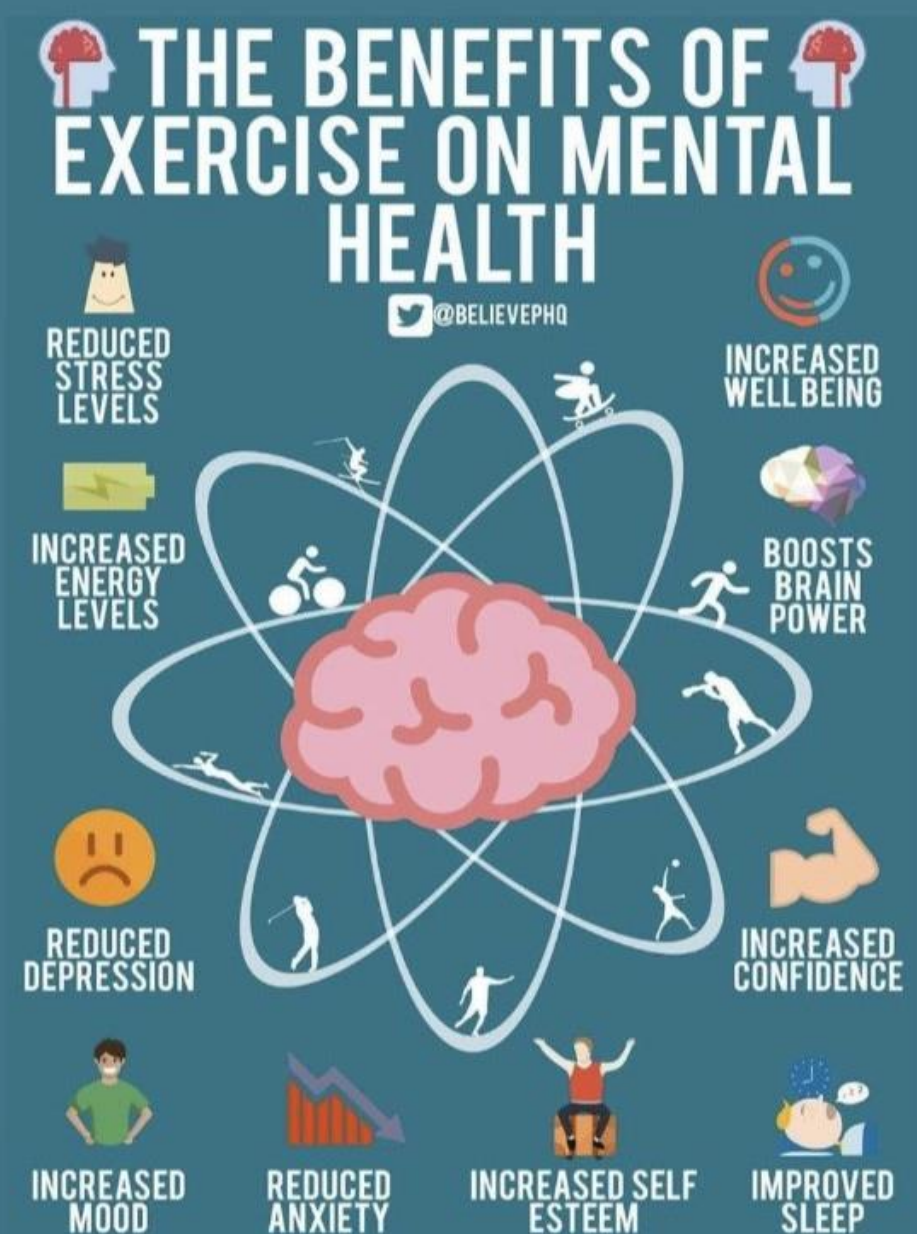


So many lovely pictures to be taken in the autumn.

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

Be active

Experts recommend that we should aim for 60 mins of some kind of exercise each day. No need to be a 'gym junky' – walking to the shops, dancing in the kitchen, sweeping up the leaves.... The best thing about keeping active is it helps your mental health as well!



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.

STRENGTH

Definition:

-The amount of force a muscle can exert against a resistance.

Sporting Example:

-Pushing with all your force in a rugby scrum against the opposition or lifting a heavy barbell.

Benefits of improving strength:

-Bigger, stronger and more powerful muscles.
-Maintain muscle mass later in life.

Some activities that improve strength:

(These activities involve using your body weight or working against a resistance.)

- Lifting weights
- Working with resistance bands
- Climbing stairs
- Push-ups, sit ups and squats
- Yoga

A teenager should perform two strength based activities a week.

