

## Have yourself a very Merry Christmas....?



Christmas is a special time to be together with family is a highlight that is looked forward to all year. But it can cause stress – some tips to help us all have a wonderful time this year.

1. **Plan ahead** – and you can ask for help! If family coming for food, maybe they can bring the desert? Be realistic with your time – you can say ‘NO!’
2. **Make time for you** – a walk, a bath – time to breath.
3. **Pace yourself** – find time to relax. Walk, listen to music and nap.



4. **Get outside and be active** –Have a boogie to some festive classics or head outside for a walk in the fresh air.
5. **We are what we eat (and drink!)** – We all tend to eat and drink more at Christmas! Many enjoy a delicious tipples, but too much can lead to arguments and disagreements as well as waking feeling rubbish!

6. **Talk to someone** – enjoy a chat with a friend or loved one.
7. **Christmas alone?** If you’re spending Christmas alone, have a think about what you want to do beforehand. You may choose to curl up with a favourite movie, or arrange to go out for lunch. Planning makes it special.
8. **Volunteer** - Giving something back can help you feel good about yourself and there’s no more perfect time to volunteer than around Christmas.
9. **Avoid comparisons** - That Christmas ‘*must have*’ present is probably a ‘*don’t need*’ one minute wonder! ‘Perfect’ Christmases are not made with expensive presents – they are made with time spent with people you love.





# Conkers Trip

We tackled the Activity Trail; which required good stamina, balance and strength. We then explored the Fairy Labyrinth and the Enchanted Forest, before watching an impressive 4D film. Finally, we took a ride on the train to finish the day with on Playdale Adventure Playground. Our students had a great day and were well behaved.







**QUOTE OF THE DAY** "You know what? Even though I'm muddy, I'm having lots of fun!"

*Thanks Mrs van Jaarsveld and Mr Hall for running the trip.*





# HOW AM I FEELING TODAY?

In Art lessons students have been looking at different emotions and created their own *mood monsters*. These are now displayed upstairs in the corridor.



## Social Media – by year 9 students

### Safety Tips

- Don't ever give out your location or personal details.
- Don't 'friend' someone you don't know.
- Never post nudes – or share nudes if they are sent to you.
- Never give your log in details to anyone – even your best friend.
- Always ask for help from parent or teacher if concerned.
- NEVER arrange to meet someone you only know on social media.

### Wellbeing Tips

- Switch off your phone at night so you get some sleep.
- Don't post on Instagram as people can like or dislike stuff. *'I post on snapchat – so people can view it without leaving a like or dislike. They can still comment, but only I can see the comment.'*
- Remember we all just post the 'good stuff' – don't compare yourself to what you see online.
- Social media is meant to be fun – if you are getting abuse from anyone report it immediately. **Don't share or spread hate online.**

Nelli's cake – delicious food made by pupils this week, as ever. Some of it may have even made it home!



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*Stepping Forward Together - Caring, Sharing & Aspiring*



# 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.

## FLEXIBILITY

### Definition:

-The range of motion (ROM) at a joint.

### Sporting Example:

-A gymnast training to increase hip mobility to improve the quality of their split leap on the beam

### Benefits of improving flexibility:

- Fewer injuries/Reduced pain
- Increased mobility
- Improved posture and balance

### Some activities that improve flexibility:

- Dynamic and static stretches
- Yoga or Pilates
- Tai Chi

A teenager should perform flexibility exercise two times per week. Try the following stretches. Hold each one for 20-30 seconds. Only stretch as far as feels comfortable.

