

Wellbeing Weekly

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.
- PLAN AHEA



- 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 tipple, 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.











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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.





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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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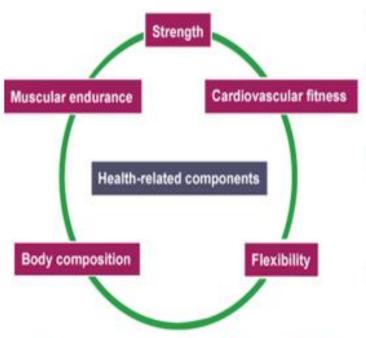
Stepping Forward Together - Caring, Sharing & Aspiring



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.

