

## What is *advent*?

The word 'advent' comes from the Latin *adventus* which means "coming; arrival". It is the countdown to Christmas as people prepare to celebrate the birth of Jesus. Some Christians use this time as a way of preparing spiritually with prayer and fasting. Candles are also used and lit in churches as part of the countdown.

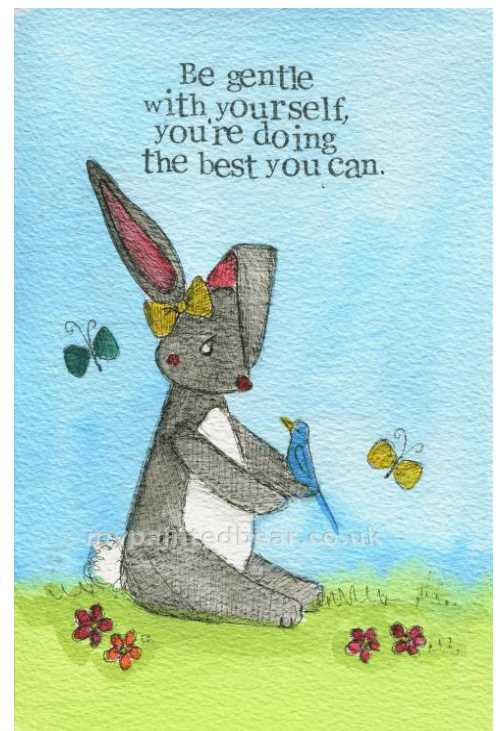


## TIPS TO STAY WELL at Christmas (from Mind.org.uk)

**Be gentle with yourself:** - be kind to yourself and make yourself a priority too.



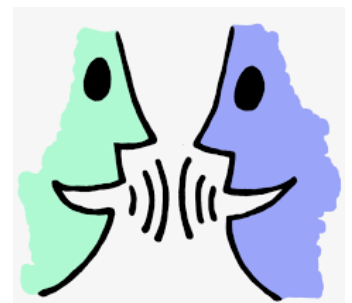
**Plan ahead:** - make a note of the things that can make you feel stressed or panicked. Are there things you can do to make things easier? Plan for rest as well as seeing people. If you take medication of any kind, ensure you have enough for over the holidays. Don't run out of milk for a nice cup of tea!



**Manage relationships:** — We all try to be kind, particularly at Christmas, but avoid spending time with people who make you feel unhappy, anxious or unsafe.

**Look after yourself:** — get out for walks, switch your phone off, stay safe if going out, get rest and enjoy the delicious food.

**Talk to people:** — if you feel unhappy at any point, talk to someone who can help you. If you feel you are not coping, then please seek out support, for example, Samaritans: 116113 (freephone, open 24/7). And if you know someone who is struggling – talk to them too!



## COLLEGE OPEN DAYS FOR THE DIARY :

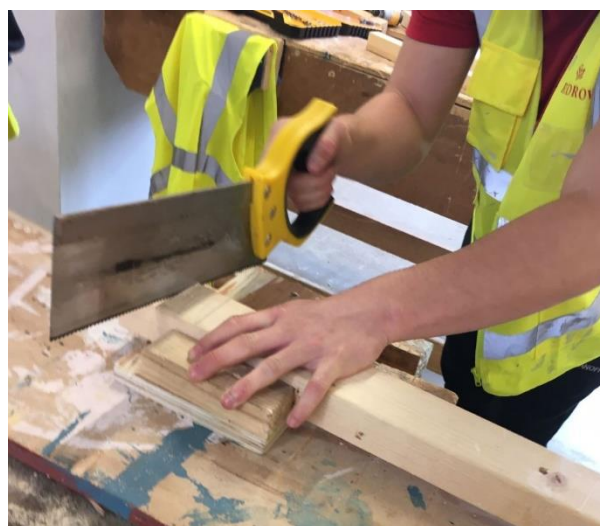
Dates for open days have been emailed to all parents and students: -

South Staffs College (all sites including Tamworth): Saturday, 29 January (10-1)

Burton and South Derbyshire College Main Campus: Saturday, 29 January (10-1)

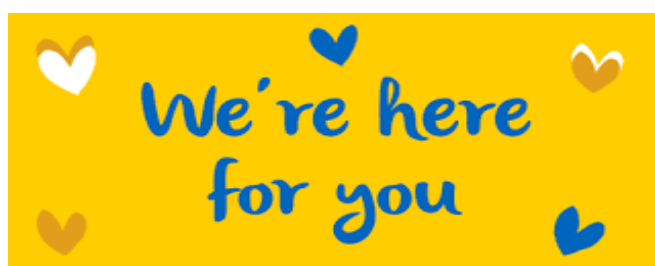
Stephen Burke Construction Academy: Saturday, 5 February (10-12)

*Get on line, find out more and go and visit!*



Our students are making bug boxes and bird feeders at TORC. Their skills are improving each week.

**Kettlebrook Short Stay School**  
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Tel : 01827 312840



*Stepping Forward Together - Caring, Sharing & Aspiring*

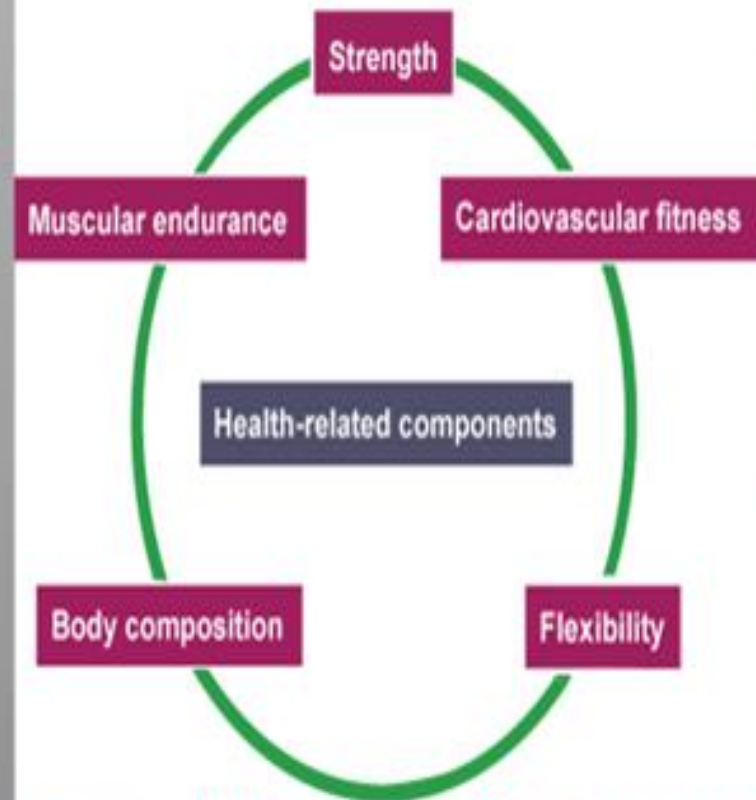






# Mr Hall's Health & Fitness

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.



## BODY COMPOSITION

### Definition:

-The percentage of body weight which is fat, muscle and bones.

### Sporting Example:

-The gymnast has a lean body composition to allow them to propel themselves through the air when performing on the asymmetrical bars.

### Benefits of improving body composition

- Decreased risk of type 2 diabetes, hypertension and heart disease.
- A more and toned body.

Living a healthy, active lifestyle helps to increase your muscle mass and reduce your body fat percentage. How active will you be this week?