

WELLBEING AWARD 2021



We all work so hard at Kettlebrook to support each other – especially our students, not just with their learning, but in all aspects of their wellbeing. This has been formally recognised by The KSSS being awarded THE WELL BEING AWARD FOR SCHOOLS on 3 Dec 2021. Our assessor was delighted to meet pupils, parents and staff last Friday. The full report should be with Mrs Rogers before Christmas. We might not always get things *right all the time* - but we do always try to get things right for each of us – where wellbeing is at the centre of all that we do for each other.

Mr B Sims, Head of School



Mrs Lewis took this fabulous picture – please send your pictures to sophie.norrington@kettlebrook.staffs.sch.uk



Staffordshire County Council are offering financial support to vulnerable individuals and families who are struggling with money this winter by awarding eVouchers for:

Food and essential supplies - eVouchers will be sent by email or text and can be redeemed at Aldi, ASDA, Morrisons, Sainsbury's, Tesco, Waitrose or Marks & Spencers.

Gas and Electric - home heating costs (up to £350 per household). As well as free emergency heating appliances. eVouchers will be provided by pre-paid meter credit or paid directly to energy providers.

These offers are limited and will be allocated on a first come first serve basis. If you need help, please apply

at www.staffordshire.gov.uk/wintersupport



Mrs Mee's cute little doggies – we need more pictures like these – please send them in!

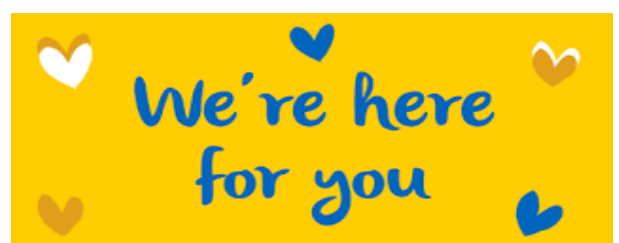


Kettlebrook Short Stay School

office@kettlebrook.staffs.sch.uk

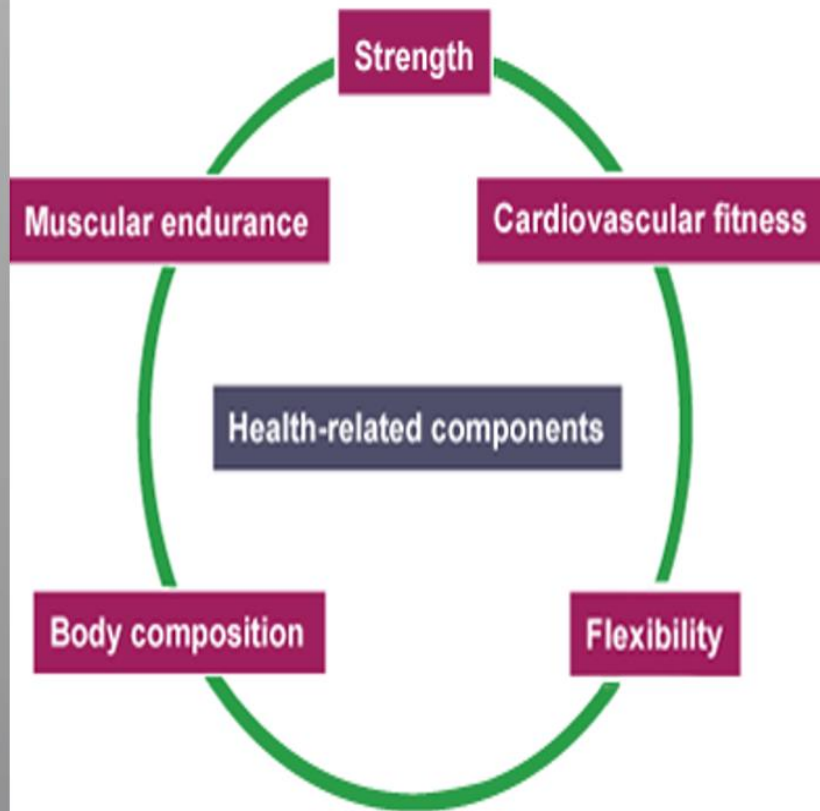
Tel : 01827 312840

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.



MUSCULAR ENDURANCE

Definition:

-The ability to use voluntary muscles repeatedly without tiring.

Sporting Example:

-A rower repeatedly pulling their oar against the water to propel the boat towards the line.

Benefits of improving muscular endurance

- Reduced risk of injury.
- Able to go for longer before getting tired.
- Daily tasks become easier.
- Better posture.

Some activities that improve muscular endurance

- Lifting weights or using resistance bands
- Gardening
- Climbing stairs
- Hill walking
- Dancing
- Cycling

It's a good idea to do activities that develop muscular endurance on 2 or more days a week. Focus on the large muscle groups like the legs, hips, back, abdomen, chest, shoulders and arms.

