

Merry Christmas everyone from all the staff at Kettlebrook! We have had a difficult few days with so many of us becoming poorly, but we are sending our very best to those unwell and hoping they are back on their feet so they can enjoy special times with loved ones. We will continue to try and keep everyone safe by following the guidelines including wearing masks and all our hygiene measures.

Mr B Sims, Head of School



Delicious cookies
Alisha!



And well done Jack (year 8).

CHRISTMAS MOVIES! Do you agree with this list? Could you add to it?
Please send ideas to sophie.norrington@kettlebrook.staffs.sch.uk

Best EVER Christmas Movies

Home Alone (1 and 2)
The Muppet Christmas Carol
Elf
White Christmas
It's a Wonderful Life
Last Christmas
The Polar Express
The Snowman
Scrooged
Love Actually

Some others!

Christmas at the Coopers
Holiday
Frozen
Harry Potter and the Philosopher's Stone
Mickey's Christmas Carol
National Lampoon's Christmas Vacation
Gremlins
Bad Santa
Bridget Jones' Diary
A Boy Called Christmas

Some history about Christmas....

The date December 25th isn't mentioned in the bible. The date was adopted at some point in history. It may have come from the pagan/Roman festival **Saturnalia** – when people celebrated the god of agriculture (Saturn) by giving gifts.



The tradition of having a Christmas tree in the UK goes back to when Prince Albert gave one to his wife Princess Victoria (who was to become Queen Victoria) around 1840. Her mother, Charlotte, also from Germany, had introduced a decorated tree (it was a yew tree) before.

This picture of Albert, Victoria and their children in 1848 became famous and many families across the world adopted the tradition.

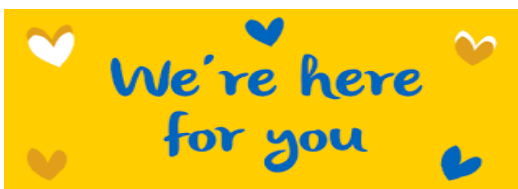
The people of Norway give a Christmas tree to the UK every year as a way in gratitude to the support received during the Second World War. This tree can be enjoyed by all in Trafalgar Square in London.



The German word for mistletoe means 'poo on twig'.

This is because Mistle thrush

birds eat the berries, digest the seeds and then help the plant germinate with their droppings... **how romantic!**



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Mr Hall's Health & Fitness

Christmas Challenge

See if you can complete this workout before coming back to school in January. Spread it out across 12 days over the festive period. Or if you're feeling super fit, see if you can complete it in 1 day!




12 DAYS OF CHRISTMAS WORKOUT ❄️

"On the first day of Christmas,
my trainer gave to me..." ❄️

- 1 plank for 20 seconds
- 2 burpees
- 3 push-ups ❄️
- 4 star jumps
- 5 squats
- 6 chair dips
- 7 boxing punches
- 8 mountain climbers
- 9 jumping jacks
- 10 alternating lunges
- 11 crunches
- 12 high knees ❄️

❄️



Just like the song!
Perform it in a ladder -
1 plank, then 2 burpees
and 1 plank, then 3
push-ups, 2 burpees,
and 1 plank, and so
on...

❄️ ❄️

...and a healthy new year!