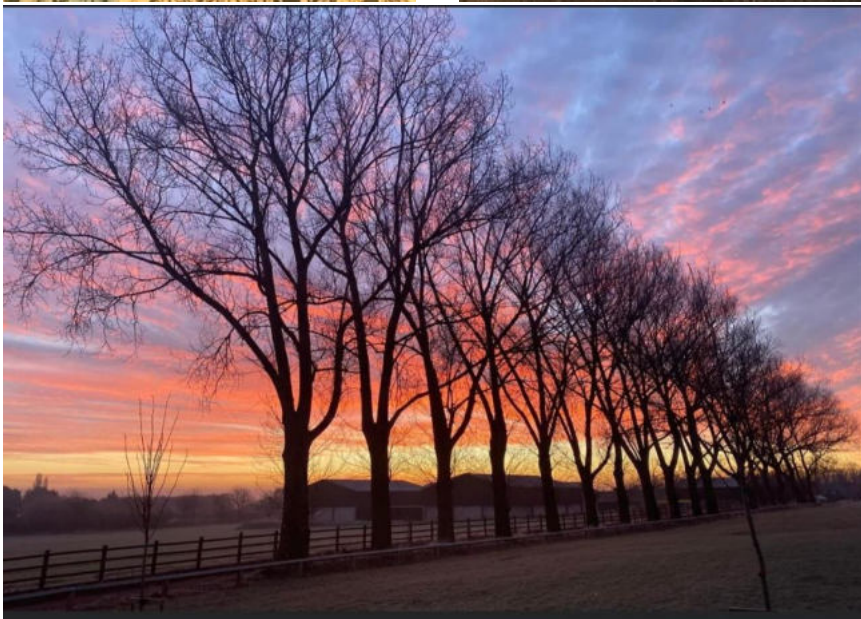


## CELEBRATING SUCCESS

Three students went on a reward trip to play pool (and eat chips!)

*Thanks to Mrs Harris for arranging this.*



## CELEBRATING NATURE

We can see the first signs of Spring and enjoy the gorgeous winter skies.

*Thanks to Miss Harrison, Mrs Patel and Miss Robertson for the photos.*

*Pictures to: [sophie.norrington@kettlebrook.staffs.sch.uk](mailto:sophie.norrington@kettlebrook.staffs.sch.uk)*



## KINGSBURY WATER PARK

We went to Kingsbury

Water Park. This is part of a project to introduce lots of different species into a new woodland. The students planted silver birch, oak and cherry trees.

They firstly had to dig the hole, which was no mean feat, as there were stones and lots of water to get through. Then the roots had to be teased apart with a fork to give the tree

a better chance of growing. Next, once in the hole the soil had to be packed back around it and then it was tied to the stake to prevent the wind blowing it away. A plastic guard was also wound around the bottom of the tree to protect it from being munched by wildlife. Finally, the students wrote their names on the tags of the trees so that they know which are theirs for future visits and to observe how the tree changes through the seasons.

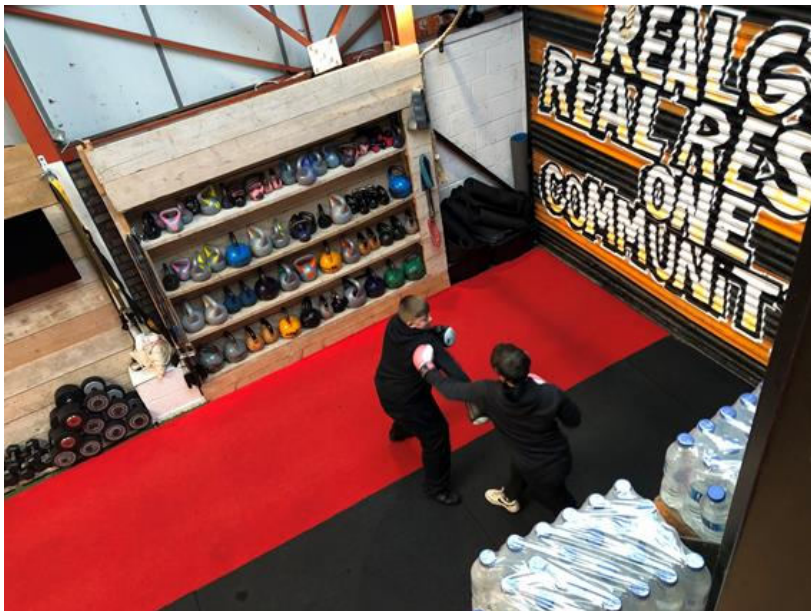
Our students were amazing and planted five trees between them!

*Mrs Lawton*



*Thanks to Mrs Lawton for arranging this trip.*





## CELEBRATING FITNESS

Physical health and fitness are essential for all. Pupils are given the opportunity to build on their fitness every day – and now can go to the gym on Monday or Tuesday to build their strength.

We're here  
for you



## CELEBRATING WITH FOOD

Students enjoy preparing a wide range of food each week. Not only are their skills improving each week, but they take time to appreciate and share the food with others.



Make time to  
celebrate your  
accomplishments,

no matter how  
**big** or small

LeanGreenIslandGirl.com

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## Mr. Hall's Health & Fitness

### Top tips for a healthier diet



|                              |   |
|------------------------------|---|
| <b>Don't skip breakfast</b>  | Having breakfast will help to fuel your day.  |
| <b>Get your 5 A Day</b>      | Aim to eat at least 5 varied portions a day to get a range of vitamins and minerals.  |
| <b>Healthier snack ideas</b> | Cut down on food and drinks high in fat, sugar and salt, such as sweets, chocolate bars, cakes, biscuits, sugary fizzy drinks and crisps, which are high in calories (energy). Try nuts, raisins and fruit instead.   |
| <b>Stay hydrated</b>         | Aim to drink 6 to 8 glasses of water or sugar-free squash a day. Even unsweetened fruit juice is sugary. Limit fruit juice to 1 small 150ml glass a day.  |
| <b>Feeling tired?</b>        | If you often feel run down, you may be low on iron. Teenage girls are especially at risk because they lose iron during their period. Some good sources of iron are red meat, breakfast cereals fortified with iron, and bread.                                |
| <b>Vitamin D</b>             | Vitamin D helps keep bones and teeth healthy. We get most of our vitamin D from the sun, but it's also available in oily fish, red meat and egg yolks.  |
| <b>Calcium</b>               | Calcium helps to build healthy bones and teeth. Good sources of calcium include milk, cheese and yoghurt.   |
| <b>Fad diets</b>             | Diets that promise quick weight loss are often not nutritionally balanced, meaning you could miss out on important nutrients. They also tend to focus on short-term results, so you end up putting the weight back on.  |
| <b>Eating disorders</b>      | Does eating make you feel anxious, guilty or upset? An eating disorder is serious and isn't something you should deal with on your own. Talk about it with someone you trust, there are treatments that can help, and you can recover from an eating disorder |