

Children's Mental Health Week

At Kettlebrook, every week is *Children's Mental Health Week*. Our focus is always on wellbeing to support our students in their educational journey. However, below are some top tips for parents to support their young people at home.

Talk to your child – it can be hard! You might feel like you don't know where to start or when a 'good time' to talk is. Take 20 minutes to do something you both enjoy (go for a walk, some cooking) – try and create a space for getting the conversation started.

Belonging – Feeling connected and welcome is so important for everyone – positive relationships with staff, parents and pupils really helps – talk to the school for support.

Promote resilience - it is normal for adversity to happen – learning to overcome challenge – working together to face a problem can support good mental health.

Encourage your child to do some exercise – it doesn't matter what it is – dancing, jogging, boxing, yoga, walking – it will help your child remain positive. Join them – it will be fun and help you too!

Make healthy eating choices - healthy eating can really support positive mood for everyone! You could cook together!

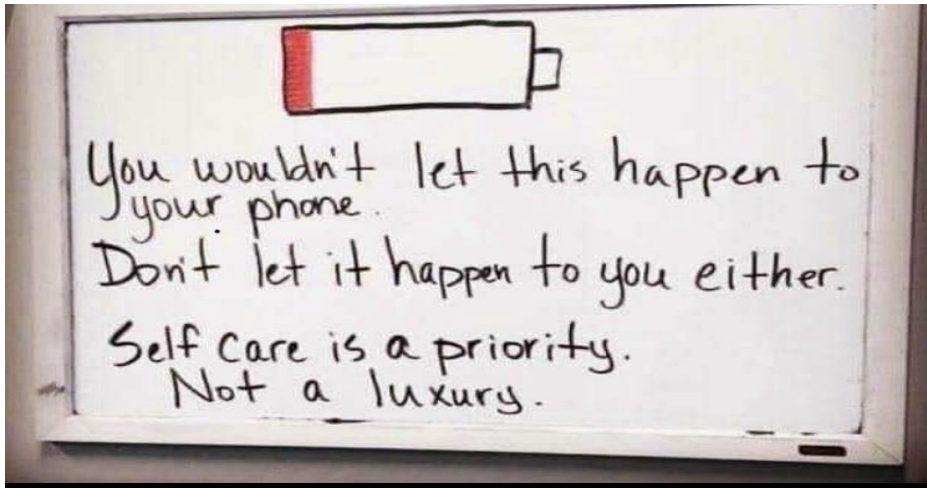
Monitor and protect your child online - get the phones switched off at bedtime and keep an eye out for online behaviour that may damage their mental health.

Encourage your child to help others - helping Nan with her shopping, walking a neighbour's dog – giving time to others will give your child pride in themselves and is a good habit to get into.



AND – look after you!! It can be tough with teenagers!

‘Seeking help for ourselves is not an admission of guilt but ‘role-modelling’ good mental health for our children.’ JACQUI, Parent



Do you put everyone else's needs before your own?

THAT'S AMAZING!

But, **make time to renew your own energies!** Make time for a quiet cuppa, a walk, a sit in the park.

Remember you cannot give if you are physically and emotionally exhausted.

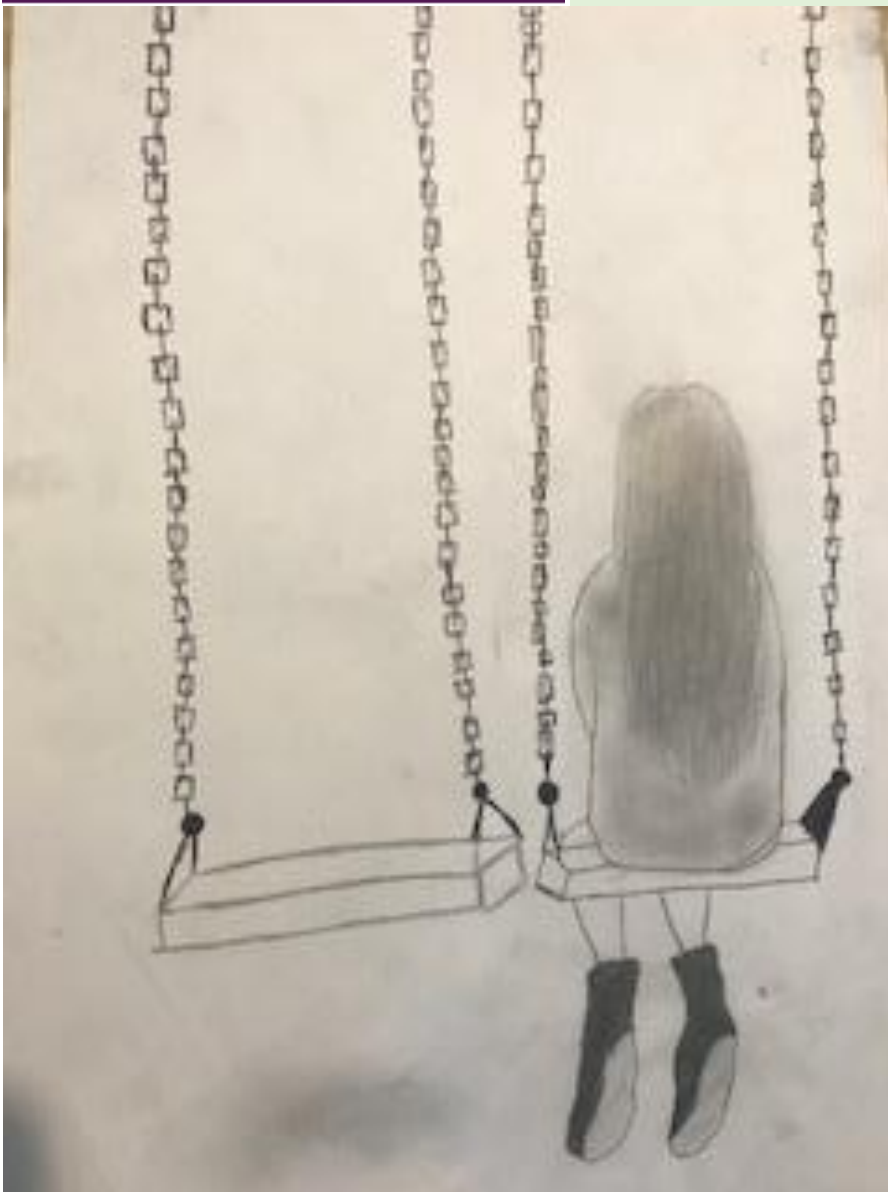
Taking time for yourself is not selfish – it helps everyone in the long run – you will have more energy and make it possible to be positive to those around you!

Further advice and support can be found at :

<https://www.place2be.org.uk/>

<https://www.youngminds.org.uk/parent/a-z-guide/>

<https://www.mind.org.uk/>



Feeling Lonely

*We can all feel **lonely** sometimes, and we should try not to make other people feel **lonely**.*

*Some tips – the ways I use to feel less **lonely**.*

- listen to **music** (your favourite, something to **sing**, **dance** or **scream** to!)
- have a **sleep** (things feel worse if you're tired)
- chat** to your mum or a best **friend** (someone who you can **trust** to vent to!)
- do **exercise** (yoga, dance or a walk)
- get some **fresh air** (wind and rain in the face can feel amazing!)
- draw** or **play an instrument** - being **creative** really helps
- have your **favourite food** or **drink** as this can give you the lift you need!

Year 9 Student, February 2022

There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do, and mostly live.



Lexie and Sid made some delicious Chinese sticky chicken as we continue to celebrate Chinese New Year. Our students in TORC continue to improve their skills.

Thanks to Mrs Jackson and Miss Robertson for the photos.



Feelings Fish

In Art, students are painting their own *feelings fish* for a large display.

Mrs Potter

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Stepping Forward Together - Caring, Sharing & Aspiring

Mr. Hall's Health & Fitness

Fruit and vegetables are part of a healthy, balanced diet and can help you stay healthy. It's important that you eat enough of them. Evidence shows there are significant health benefits to getting at least **5 portions** of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. **A portion of fruit or vegetables is 80g- or roughly the size of your fist.**

WHY YOU SHOULD EAT FRUITS EVERYDAY



Cherries
Calm your nerves



Oranges
Protect your skin and vision



Grapes
Relaxes your blood Vessels



Water Melon
Protects your skin and Vision



Bananas
Boost Energy



Pineapple
Relives Arthritis Pain



Blueberries
Strengthen your heart



Strawberries
Fight aging

