

# The World Around Us



is our whole school focus.

All subject areas will be addressing the world around us in different ways- from trips out, planning for the future, outside speakers coming into school and celebrating different cultures it should be an interesting half term with plenty to engage our learners. As always, it is important for us all to be aware of the world beyond Tamworth and see what other opportunities are available for our pupils. Lots of photos to come in the following weeks! *Mrs Patel*

## **ATHERSTONE BALL GAME (by James O'Donoghue, Year 10)**



Atherstone Ball Game is 822 years old and is held on pancake day. In Long Street, Atherstone, all the shops are boarded up so the windows won't get broken. There are only two rules. 1. You can't kill anybody. 2. You

are not allowed out of Long Street. It starts at 3pm and ends at 5pm and the teams are made from most of the pubs in the town. At 5pm the horn goes and who ever has the ball when the horn goes is the winner. The event is all done to raise money for charity.

**Taking care of ourselves...** Looking at the news over last few days has been difficult. Some have family and friends near Ukraine and many of us will feel some anxiety.



The **British Red Cross** has spent years supporting those in need in the UK as well as abroad and they suggest we think of these 6 Rs to help us.

**Responsibility** – Take responsibility for your own mental health, wellbeing and resilience.

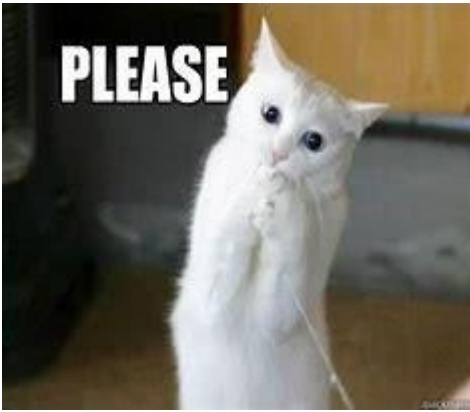
**Reflection** – Reflect on how you are and what is happening and how you are feeling about things.

**Relaxation** – Relax in a way that suits you – such as gardening, reading, mindfulness...

**Relationships** – Building supportive relationships with friends and family by phone or online. Know who to turn to or talk to when times are hard.

**Refuelling** – Eating healthily and sensibly will help.

**Recreation** – Taking regular exercise and having fun!



## Why should we say 'please'?

When we say **please** and **thank you**, we are displaying **kindness** and **respect**. Saying please is a sign of good manners, that's only half the story.

Why some people **don't** say please:

- Some have not learned about manners – **saying 'please' is good manners**.
- Some have adopted **bad manners** and don't realise that this comes across poorly.
- Some think it is a small thing and that no one will notice - **they're wrong**

**we all notice!**



But, when you neglect *small things* —you're developing **poor habits**.

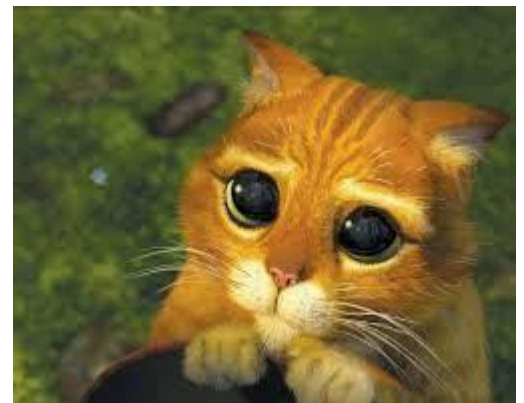


At **Kettlebrook** we encourage **good habits**, like

- respecting ourselves and others
- responding with respect and kindness
- being honest
- being punctual
- avoiding swearing and shouting.

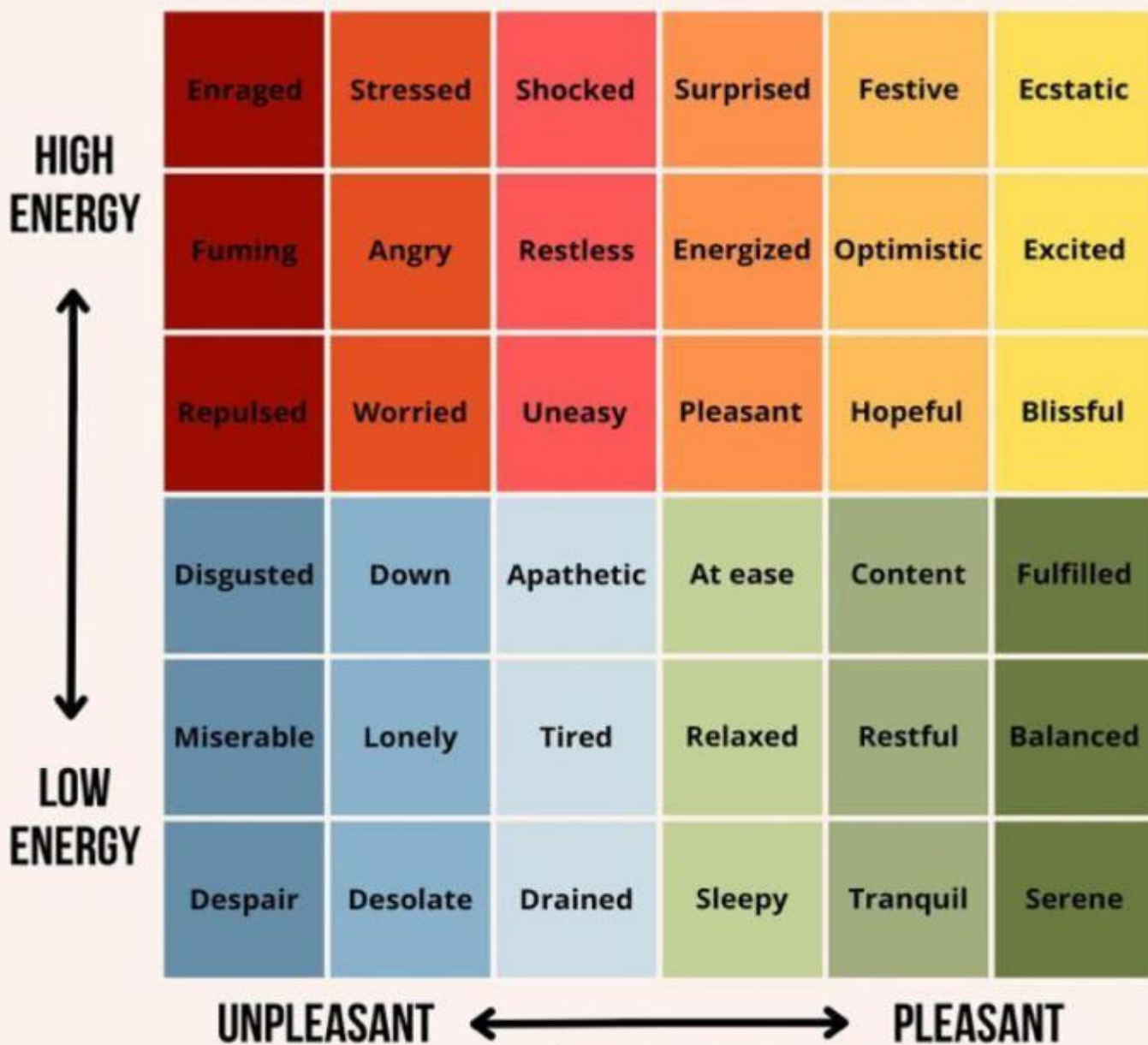
We are learning to consider the significance of our actions on ourselves and others.

## So, we say 'please' as it is a small thing that goes a long way!



How am I feeling? *I don't know!* It isn't always easy to explain feelings and emotions – and sometimes we are so **happy**, **sad** or **angry** we don't stop to try! At Kettlebrook we encourage students to try and identify how they are feeling and try and communicate. Learning more words other than **angry**, **happy** or **sad** can help too – do you know what all these words mean?

# THE MOOD METER



Kettlebrook has signed up to an app that will allow our students to find extra support – right from their phone! **It is not run by the school and is not monitored by the school or teachers – this is your space.**

More information to follow – but why not take a look....!



## HOW IT WORKS!

- 1. Download the MeeToo app from the App/ Play Store from your phone and create your own account using your email address or mobile phone number. You can view posts but to make an anonymous post or reply to one, or search for help and support, you'll need your own account. You can also search for a particular topic. Being specific tends to generate more useful replies.**
- 2. Create your own post. Your message is checked by one of our team of trained moderators. Sometimes moderation can take up to half an hour.**
- 3. If your post is more complex, the in-house counselling team might reply to you.**
- 4. If you don't need the counselling team, your post will be published and will appear in the feed.**
- 5. Your post is visible to people within your age band. They may write a reply to you.**
- 6. Super-peers make sure that every post gets a good reply.**
- 7. All replies are checked by one of our team of trained moderators too.**
- 8. Replies to your post are published once they are moderated.**



# World Book Day 2022

We are celebrating the wonderful world of books at Kettlebrook. Students are enjoying a range of activities linked to favourite stories. More pictures to follow next week.



Thanks to our very own Madhatter, Mrs Mee!

The staff, Governors, linked professionals, students and their families all work hard to ensure that we come to school to learn but in a caring way - like being in a large family – we all need to look after each other, understand and respect each other and listen to each other with the abilities to support each other.



So, in December 2021, Kettlebrook welcomed our assessor – who saw our school in action and recognised that we have MHWB at the heart of everything that we do – and have been doing this for over 10 years.

‘It has been a fabulous privilege to have been the Headteacher at KSSS since 2009 and see staff and students flourish and reach their potential, achieving the success that we deserve – so for being nationally recognised in doing this is such a proud moment for me.’



Mrs Rogers

**At last some signs  
of Spring!**



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Stepping Forward Together  
Caring, Sharing & Aspiring



# Mr. Hall's Health & Fitness

**Did you know that there are 206 bones in an adult human skeleton?**

The skeleton has 4 main functions

- to support the body
- to protect some of the vital organs of the body
- to make blood cells
- to help the body move

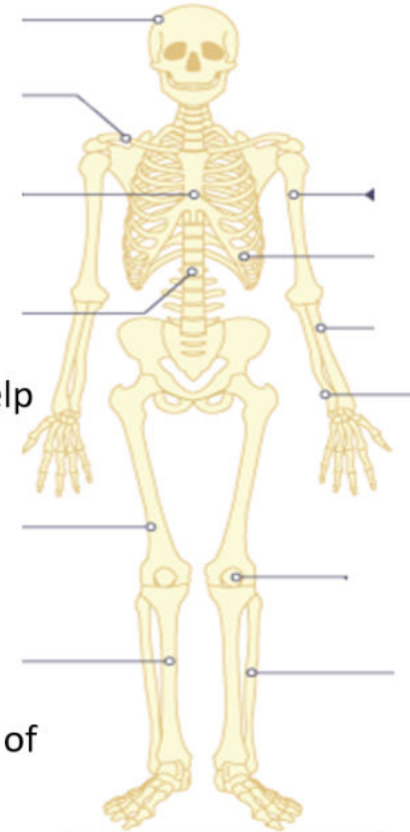
You need sufficient [calcium](#) to keep your bones healthy and [vitamin D](#) to help your body absorb calcium.

Good sources of calcium include:

- milk, cheese ,dairy foods, green leafy vegetables and soya beans

It's difficult to get all the vitamin D we need from our diet and we get most of it from the action of the sun on our skin.

Everyone should consider taking a daily vitamin D supplement during the autumn and winter when we cannot make vitamin D from sunlight.



Can you name the bones labelled in the diagram?