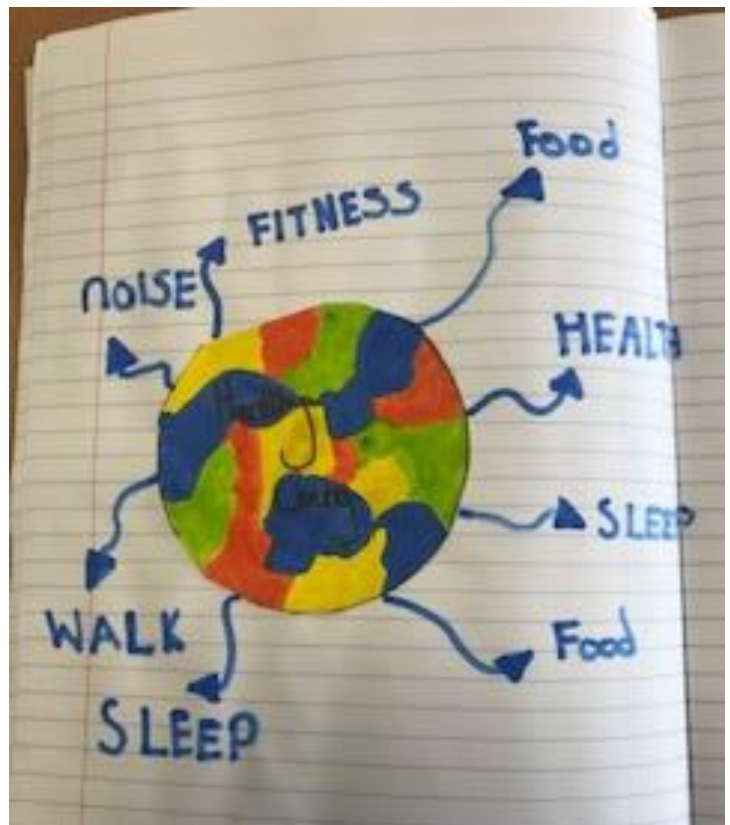


Welcome back to the Summer Term at Kettlebrook!

We have a busy half term ahead of us. Year 11s are busy completing work for their different qualifications including English, Maths, PE, Food, IT, Art and Music. Some of our students find this time stressful. Please remind them that support is always available in school. Our school counsellor is available every Tuesday, the school nurse visits every fortnight and staff are ready to help students with any concern they may have.

The theme for this half term is Healthy Living and students will be enjoying a range of activities to encourage healthy choices and a better understanding of how to keep themselves healthy and well both physically and emotionally.

I would like to say fond farewell and thank you to Miss Harrison who is leaving us at the end of this week. She has been a fantastic member of staff – energetic, kind and one of the most caring people that I have ever met – always going the extra mile for us all. I know that she will be missed by staff and students alike, but we wish her well in an exciting next chapter of her life!



Mr Sims, Head of School

HEALTH FOR TEENS

Text Your Public Health Nurse
(School Nurse) on:

07520 615721

The service is available Monday to Friday 9am- 5pm. The text line stays open during the school holidays too.

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text.

Texts will not be seen outside of normal working hours.

If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.

Can't clean the whole room?
Clean a corner of it. Can't
do all the dishes? Do a dish.

Can't get in the shower?
Wash your face. Always look
for the thing you CAN do,
with the energy and focus
you DO have. Little wins pave
the way for bigger wins.

1% beats 0%.

Dr. Glenn Doyle

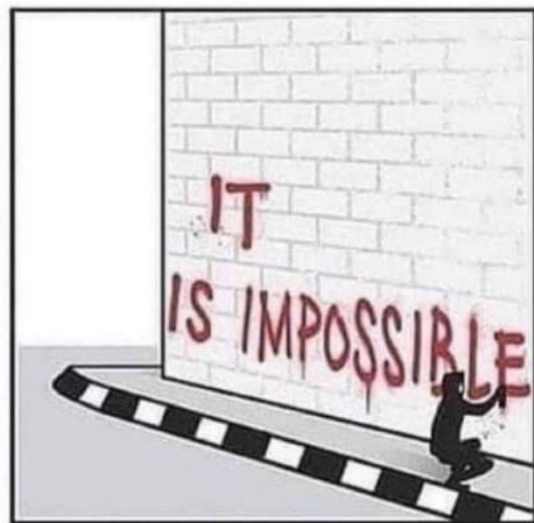
All our students find the exam and assessment process stressful – and they show this in different ways. Remember to just turn up and have a go! We are all here to help!

KSSS

*Stepping Forward
Together - Caring, Sharing
& Aspiring*

PERSPECTIVE MATTERS!

Try and think positive. If you look at things a different way it can help.



We're here
for you



Sleep – we all need it, but

sometimes it is hard to get!

Bedtime Routines – Some ways to help me sleep

1. Stop playing x-box about 30 mins before bedtime.
2. Leave phone charging and on silent away from my bed.
3. Try and read or do a puzzle or listen to music or podcast to relax.
4. Make sure I'm not too warm or too cold.
5. Turn off lights and make sure it is nice and quiet.
6. If I can't sleep I try one of these:-
 - Seven/Eleven. Breath in for 7 and breath out for 11!
 - Go through the alphabet naming things like food, footballers, names....



By Year 9 Student

TIPS TO HELP WITH SLEEP

ROUTINE Try and go to sleep and wake at a similar time each day. Most of us get less sleep than we need – adults need between 7 and 10 hours a day. Teenagers need between 8 and 11 hours a day.

SUNLIGHT We all need time in the light as well as in the dark – find time to get outdoors for some sunlight (even if it is raining!) to help your body understand it is time to rest at night.

MINIBREAKS IN THE DAY We all feel the build-up of stress in the day. **MAKE TIME** to have even just a ten second break – stop and breath slowly, stand and stretch, or spend ten minutes phoning a friend. Plan these mini-moments into your day.

EAT FOR SLEEP Eat breakfast and hour after you wake if you can – but always eat breakfast! Try to stop eating about 3 hours before you sleep and avoid sugar before bed.

BRING YOUR DAY TO AN END BY

Remembering the good stuff – think of the things that went well and you got done!

Put away things you've been doing - the laptop, phone, x-box, ironing board – all goes away!

Your choice – Choose a TV programme you want to watch (don't just flick through the channels). Or choose an activity that is something you like – colouring, reading

START YOUR NEW DAY BY

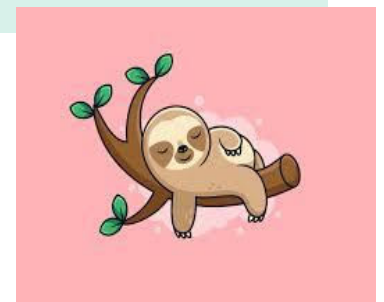
Allowing yourself to wake slowly and engage with the new day

Leaving your phone alone for a bit – 30 mins or so.

Opening the curtains/blinds – let the light in

Taking time to remember what needs to be done during the day.

Making sure you've planned breaks and support!





The Knife Angel is visiting Stoke-on-Trent throughout April and can be found at the Smithfield site in the City Centre. Surrender bins for the safe disposal of knives will be at Hanley Fire and Police Station and Longton Police Station whilst it is in the city. **There is a safe disposal bin at St Editha's Church in Tamworth.**

The Knife Angel is a stunning contemporary 27ft sculpture of an angel made out of **100,000 confiscated knives** received from 43 Police Forces across the UK. It was created by sculptor Alfie Bradley to raise awareness of the issues of knife crime and all forms of violence and aggression. The British Ironwork Centre created the Knife Angel as a vehicle to voice the concerns of the nation, its communities, families, and the victims that have tragically been affected.

Young people carry knives out of **fear**, but it could be used against them. It is critical that the adults in their life talk to them about the consequences of knife carrying. They could get four years in prison, even if they don't use it.



For help and advice on having open conversations about knife crime visit:

<https://www.staffordshire.police.uk/ditchtheblade>



"Every blade, every knife that finds its way into an amnesty box is one less that could find its way into the wrong hands with tragic results."



Mr. Hall's Health & Fitness

This half term's theme is "Healthy Living". How fit are you? Each week I will publish a physical activity that will put one aspect of your fitness to the test.

This week's fitness component is **Muscular Endurance** (the ability to use muscles repeatedly without tiring).

How many complete press ups can you do before you become tired and stop? If you are unable to complete a standard press, then attempt the test using the modified press up shown below.

Use the table below to see how good your muscular endurance is compared to other students around your age.

Doing regular strength workouts will improve your score over time.

Standard Press Up



Modified Press Up



Male

Age	Excellent	Good	Above Average	Average	Below Average	Poor
17 - 19	>56	47-56	35-46	19-34	11-18	<11

Female

Age	Excellent	Good	Above Average	Average	Below Average	Poor
17 - 19	>35	27-35	21-26	11-20	6-10	<6