

As part of our focus on **Healthy Living** students have been learning about the importance of mental health and how to stay healthy in PSHE. We have had some fantastic discussion and work including from Liam, Clayton and Josh.

## Mental Health Awareness Week

9 - 15 May 2022





Lovely work from Lexie.

## GETTING HELP

Students have learned about where to get help, for example, the NHS online and other organisations including Young Minds, Childline, Samaritans and the MeeToo App. However, our focus has been on ways to stay well.

They have learned that it is always best to get health advice from health professionals. Our School Counsellor (Sarah) is available every Tuesday and our school nurse provides a drop-in service also.

Please contact the school if you would like us to support and signpost in any way.

A registered charity

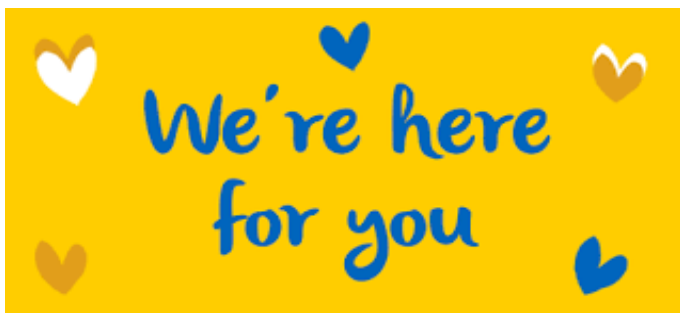
**Whatever you're facing**  
**We're here to listen**

Call free day or night on  
**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

samaritans.org



**Kettlebrook Short Stay School**

[office@kettlebrook.staffs.sch.uk](mailto:office@kettlebrook.staffs.sch.uk)  
Tel : 01827 312840

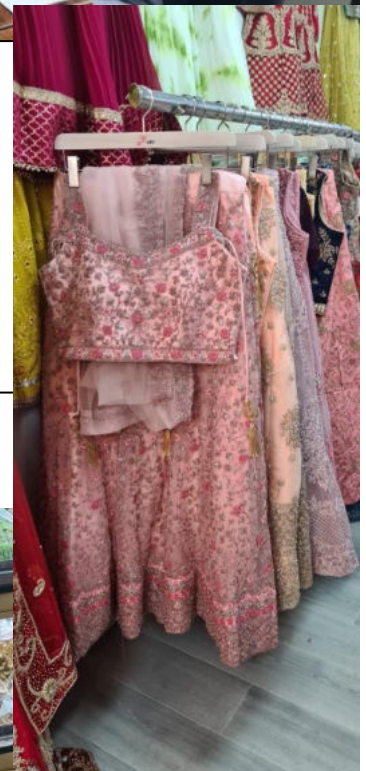
*Stepping Forward Together - Caring, Sharing & Aspiring*



### **Girls Group Trip to Leicester**

Our girls work together every Thursday to build confidence, self esteem and relationships.

Thanks to Mrs Rathour and Mr Lewis.





**Cultural Food Shopping Trip to Leicester**  
Students enjoyed looking around food shops. Harrison was pleased to find that some sauces were named after him.  
Thanks to Mrs Rathour, Mrs Barker and Mrs Harris.



**GIVE** your time to others, volunteer, help people. It will help them – but will make you feel better too!

**CONNECT** - Talk to someone – ask people questions (how was your weekend?) , make time to check how someone is feeling. Walk to school with a friend and chat.

*Social media is not as positive as actually speaking with someone.*

**BE ACTIVE** – try and walk to school, get out for a walk, try a new sport... something to get your heart pumping and some fresh air.

**KEEP LEARNING** – Try a new hobby, ask questions and find out more about people, try a crossword or a puzzle, learn a new word.

**NOTICE** – Notice the world around you. Look out for new flowers or sounds. Notice what you are eating and savour and enjoy.





# 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 **Flexibility** (the range of motion possible at a joint).

How flexible are you?

Use the table below to see how good your flexibility is compared to other the average 16-19 year old.

## The Sit & Reach Test



- Secure a ruler to the box top with the tape so that the front edge of the box lines up with the 15cm (6 inches) mark on the ruler and the zero end of the ruler points towards the athlete
- The athlete sits on the floor with their legs fully extended with the bottom of their bare feet against the box
- The athlete places one hand on top of the other, slowly bends forward and reaches along the top of the ruler as far as possible holding the stretch for two seconds
- The assistant records the distance reached by the athlete's fingertips (cm)

Gender	Excellent	Above average	Average	Below average	Poor
Male	>14	14.0 - 11.0	10.9 - 7.0	6.9 - 4.0	<4
Female	>15	15.0 - 12.0	11.9 - 7.0	6.9 - 4.0	<4