



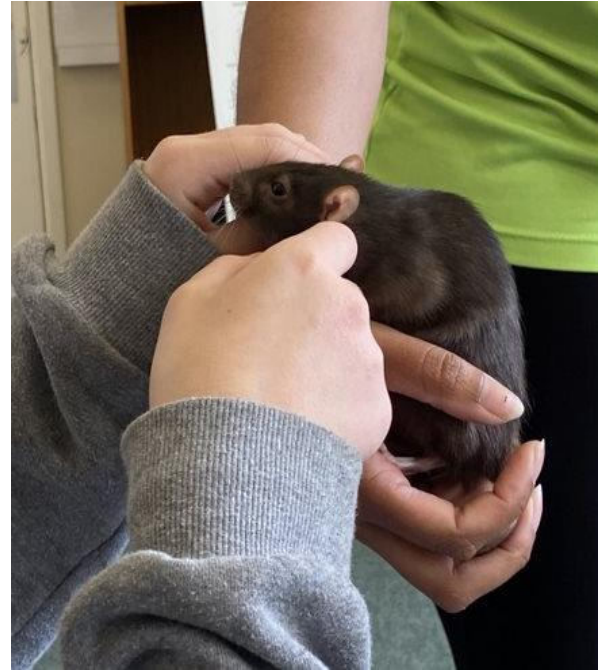
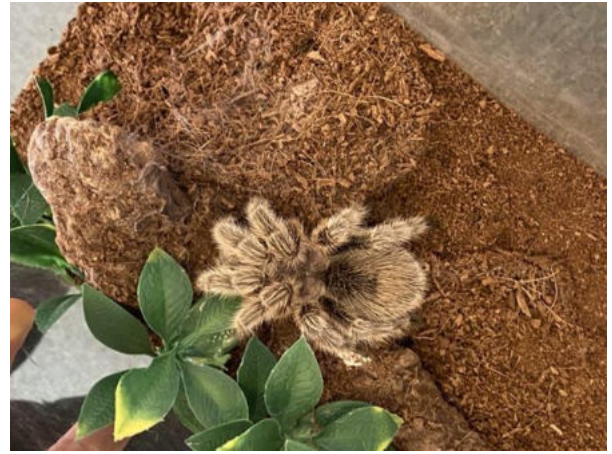
**ZOOLAB**

Kettlebrook students and staff got to meet and hold a range of different animals when Zoolab paid us a visit. Some of the animals that visited are ones that humans are frightened of and so many had to conquer their fears ... 'I have always been scared of snakes, but this one was alright. It was kinda cute.' Year 9 Student



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*Thank you, Mrs van Jaarsveld and Mrs Patel, for arranging the visit.*









**Food at Kettlebrook -**  
All students cook regularly and learn new recipes. Their skills improve over time.



Year 9 homemade flat bread.

Year 11 honey glazed chicken and rice.



Year 9 jerk chicken kebabs.

*Thank you, Mrs Jackson, for the photos - some fabulous food cooked every week with Mrs Barker, Mrs Jackson, Mrs Rathour and Mr Round.*



Lexie's cinnamon bread and below, James' bread







**CONKERS** – spending time outside enjoying nature and activity is important.  
(Thanks Mr Hall and Mrs Jackson)



**Kettlebrook Short Stay School**

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*Stepping Forward Together - Caring, Sharing & Aspiring*

# Mr. Hall's Health & Fitness

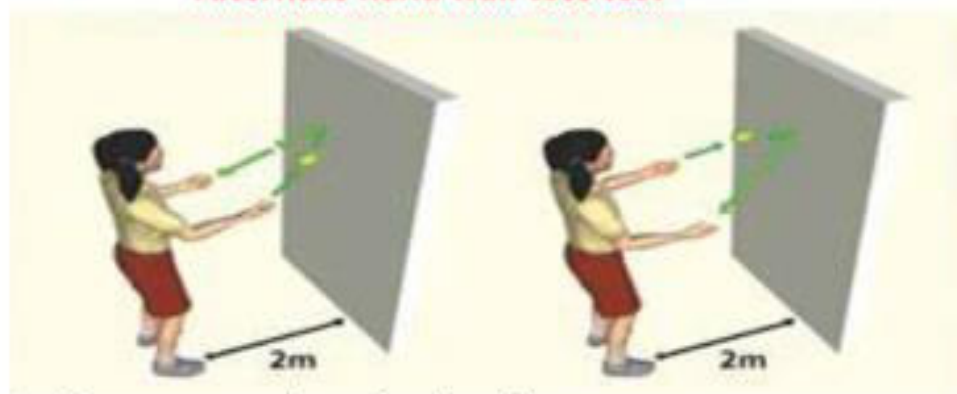
This half term's theme is "Healthy Living". How fit are you? Each week I will publish a physical activity that will put one aspect of your fitness to the test.

This week's fitness component is **Coordination** (The ability to use two or more body parts together).

How coordinated are you?

Use the table below to see how good your coordination is compared to the average 15-16 year old.

## Alternate hand wall toss test



- Stand exactly 2m from a smooth-surfaced wall
- Throw a tennis ball against the wall with your left hand and catch it with the right
- Then do the reverse and repeat
- Counts number of successful catches in 30 seconds

Age	Excellent	Above Average	Average	Below Average	Poor
15-16 years	>35	30 - 35	25 - 29	20 - 24	<20