



Kettlebrook's interactive iceberg is nearly complete! We began with a paper plan and staff and students explored the different feelings and needs that we often hide under the surface. Since the paper plan students have been working hard on their beautiful fish designs whilst considering different emotions that might mean something to them. Emotions have included: hungry, traumatised, enemies, bullied and tired.



The fish are soon to be fixed to the huge wooden iceberg for a permanent corridor display. In clouds floating above our iceberg will be the Kettlebrook four core values of Care, Trust, Respect and Honesty. We use an iceberg as part of the induction process so that students can explore their emotions before they even begin their Kettlebrook journey.

Before it is fixed on the wall at KSSS the iceberg is going on tour to a Staffordshire County Council conference to showcase our fantastic project about understanding emotions.

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Thank you Mrs Potter for the beautiful work and photos.



Upcycling Art project inspired by artists that interrupt the waste stream by heat forming plastic to make these beautiful jellyfish.



Greet your feelings
with Kindness.

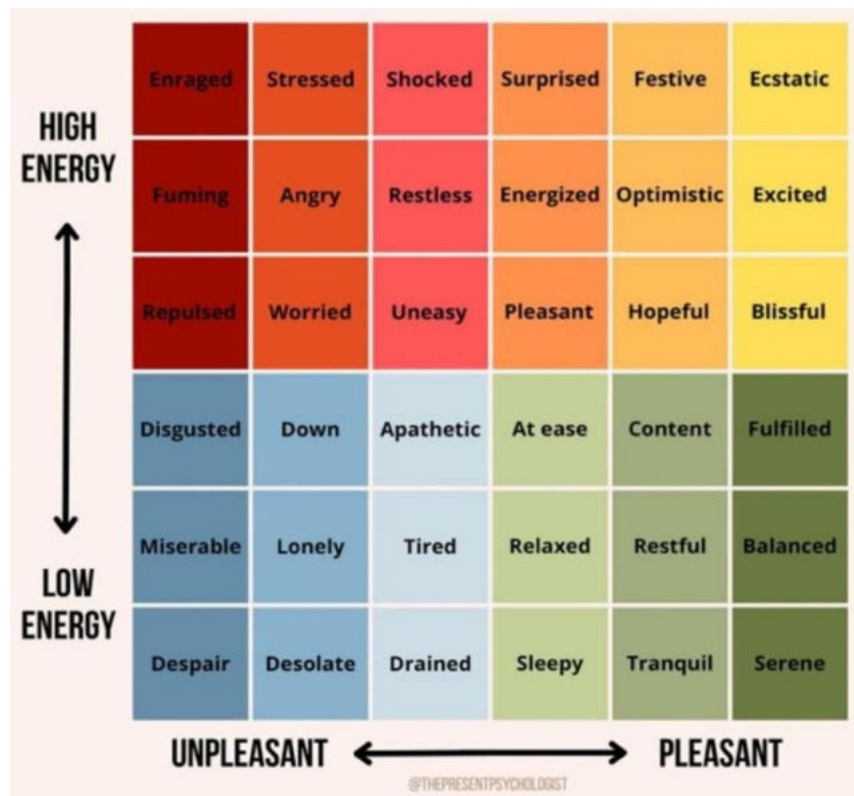
But what
does this
mean?

It means that we will all have a range of emotions and we need to try and be accepting of them.

We must try to treat ourselves and how we are feeling with kindness.

It helps to try and find the words for what we are feeling.

And most of us have more than one feeling at once!!



Kettlebrook Short Stay School

office@kettlebrook.staffs.sch.uk

Tel : 01827 312840

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.

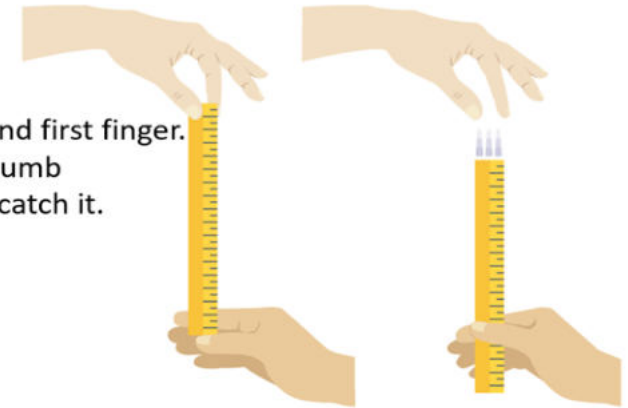
This week's fitness component is **Reaction Time** (the time between the presentation of a *stimulus* and the onset of a movement).

How good are your reactions?

Use the table below to see how good your reactions are compared to the average 16-19 year old.

Rule Drop Test

1. Work with a partner.
2. Person A holds out their hand with a gap between their thumb and first finger.
3. Person B holds the ruler with the zero at the top of person A's thumb
4. Person B drops the ruler without telling Person A and they must catch it.
5. The number level with the top of person A's thumb is recorded
6. Repeat 3 times and record you lowest score



Excellent	Above Average	Average	Below Average	Poor
<7.5cm	7.5 - 15.9cm	15.9 - 20.4cm	20.4 - 28cm	>28cm

