



Alex's fish

# Pride

Be proud of who you are, who you've been and who you'll *become*, hold your head up high, ignore the haters, they're just *dumb*! **YOU** are **YOU** and you are *beautiful*! Perfectly imperfect, accept yourself as you *are*, shining bright like supersonic *star*, stand out from the *crowd*, stand tall and **PROUD**! *Your vibe* attracts your *tribe*, you are celebrated and *loved*! Who cares what you look like or who you *love*, shout 'THIS IS ME - take me as I *am*' and if they don't, well don't give a *damn*! **YOU** are **YOU** and you are *beautiful*! Don't shut yourself away or *hide*, live your life in the light and do it with **PRIDE**! **XXX XXXXX XXX**

**JUNE 2022 IS PRIDE MONTH.** We encourage all of our students to be **accepting and kind to everyone**. We want all of our students to **feel pride in the people they are** and the **positive contributions** that they can make.



# Walk in my shoes

**Have your children grown out of their shoes? Is there still some life in them?** Rather than chucking them in the bin, they could be reused in **Zambia**. We are looking for **Child size 7 to Adult size 3** – preferably sensible shoes like trainers, school shoes etc.

**WHY?** Many children in Zambia do not have shoes due to poverty and this makes them vulnerable to infection by parasites such as hookworm. Injuries to feet and ankles can lead to ulcers and other conditions.



**WHO?** As a small UK charity (reg: 1180390) MAD4KIDS has launched a project to send pre-loved shoes out to parts of Zambia. To date they have sent over **6,000 pairs** and we are due to send many more in the near future.

**HOW?** Please send shoes to school by 14 July and Miss Norrington will deliver to the charity.

*(Brandon, year 9)*



**Kettlebrook Short Stay School**

office@kettlebrook.staffs.sch.uk

Tel : 01827 312840

*Stepping Forward Together - Caring, Sharing & Aspiring*



## Mr. Hall's Health & Fitness

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

**15 HEALTH BENEFITS OF WALKING EVERY DAY**

- 1 INCREASE YOUR LIFESPAN
- 2 MANAGE YOUR WEIGHT
- 3 BURNS FAT
- 4 HELPS OVERWEIGHT PEOPLE GET INTO SHAPE
- 5 REDUCES STRESS
- 6 REDUCES DEMENTIA
- 7 EASY ON THE JOINTS
- 8 LOWERS BLOOD PRESSURE
- 9 STRENGTHENS YOUR HEART
- 10 STRENGTHENS YOUR BONES AND REDUCES YOUR RISK OF OSTEOPOROSIS
- 11 REDUCES DEPRESSION AND IMPROVES YOUR MOOD
- 12 BOOSTS YOUR MEMORY
- 13 IMPROVES YOUR SLEEP
- 14 TONES UP YOUR LEGS, BUTT, AND STOMACH
- 15 BOOSTS YOUR VITAMIN D