

Wellbeing Weekly

Welcome back to all our students for the start of a new and very busy term at school. At Kettlebrook we recognise excellent work. Look out for *Well Done Cards*. Each subject is allowed to award **just one** each week – so if your child receives one, they must have worked really hard in that area!



Each lesson students can also receive raffle tickets and each Friday rewards are given out when the raffle is drawn in assembly. Students will also get *Step Points* each lesson. Students also receive reward for excellent **attendance**.

They may receive rewards from their Key Workers if they've worked well all week. But what does STEP mean? They can achieve up to 4 points for each area of STEP!

'S'	means	STAY	in c	lass

- 1 Stays in class for a short while
- 2 Stays in class for some of the lesson (or is perhaps late)
- 3 Stays in class for most of the lesson
- 4 Stays for the whole lesson

'E' means EQUIPMENT

- **1** Equipment used with little respect
- 2 Equipment used with some respect
- 3 Equipment used appropriately throughout
- **4** Equipment used well throughout and put away carefully.



'T' means TASK

- **1** Brief attempt at the task
- **2** Some attempt at the task
- **3** Task is mainly completed
- 4 Excellent work

'P' means POLITE

- **1** Little or no politeness shown
- 2 Some politeness shown
- 3 Mostly polite
- **4** Polite throughout with no swearing.

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We encourage the students to work together as collaboration is a very important attribute to have. All students have taken part

in different art projects during the last academic year and this work is now displayed in our school.





5 Ways to Wellbeing is a nationally recognised initiative that helps support us all. Our students have worked collaboratively on our own version which is now proudly displayed in our Dining Room. (Take a closer look on the next page.)

Things are not always as they seem....

Kettlebrook



The iceberg explores the different emotions below what we see. Thanks to all the students for their hard work and enthusiasm! *Mrs Potter*



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Kettlebrook's 5 Ways to Wellbeing



Connecting with others is a fundamental human need. Strong relationships are essential for us to function well in the world.

Regular **physical activity** boosts wellbeing and happiness. It also lowers levels of anxiety and depression.



Continued **learning** through life, enhances self esteem. Setting new goals can really improve wellbeing.





It is proven that taking **notice** of 'now' directly enhances our wellbeing. **Recognising** good things around us (however small) can make a big difference to us all.



People who are **kind** and **help** others, are much more likely to feel happier. Try to do one kind thing each day to boost our wellbeing.