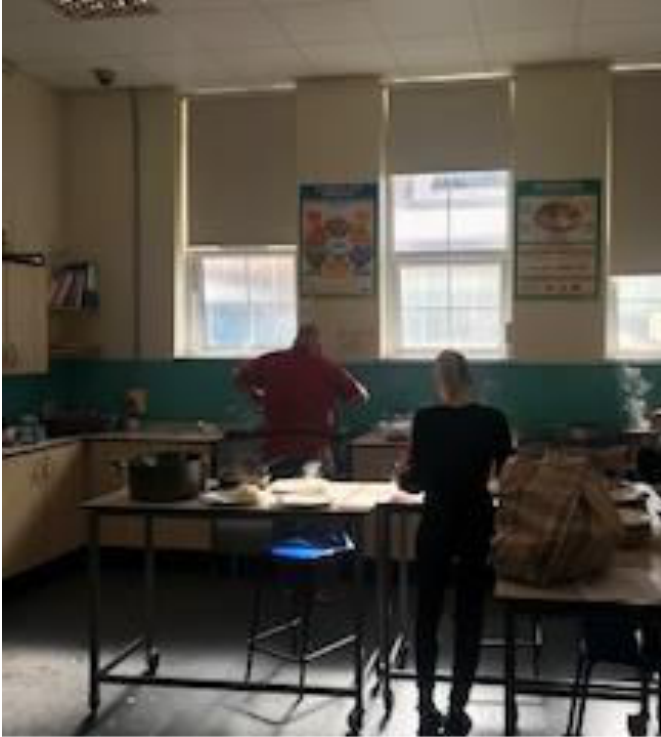


OUR KETTLEBROOK KITCHEN

All our students get the opportunity to cook each week. 'A' group helped to prepare the food for our *Community Meal* on Wednesday 28 September. The staff and students enjoyed sweet and sour chicken or quorn with rice. We then enjoyed chocolate brownie with home made custard. Thank you to Mrs Rathour, Mr Round and Mrs Patel for helping the students to prepare and serve the food.



This delicious food was prepared by Josh and Mason in their food lesson.





More beautiful collages of endangered animals. The work featured this week has been made by Dylan (the penguin), Jack (the parrot), Rico (the brown bear), Natalia (the panda), and Josh (the elephant).

Thank you for all your hard work, Mrs Potter

We all have been bullied and we all bully Sometimes. We need to notice if we are being unkind and be ready to say Sorry. But we should try to change our words and actions so we don't hurt someone again. We then should forgive ourselves and move forward.

By Amy,
Year 10



Making a change to something puts it right. Remember forgiveness is key!

In PSHE students have been learning about the reasons behind people bullying and also how to apologise.





Kelly Wright, our Careers' advisor is available each Monday to support our students prepare for college, training and/or work after year 11. Below is a list of dates that students and their parents can visit Further Education Colleges locally – well worth a look! Speak to Kelly if you're interested in visiting a sixth form locally and she'll help you arrange a visit.

Burton and South Derbyshire College

Main Town Centre Campus: Monday 17th October 2022 (5 – 8 pm)

Stephen Burke Construction Academy: to be confirmed

Derby College

Joseph Wright centre: 20th October 2022 (5 till 7pm)

Roundhouse: 3rd November 2022 (5 till 7pm)

Broomfield Hall: 9th November (5 till 7pm)



South Staffordshire College (inc. Tamworth, Lichfield, Cannock and Rodbaston)

Saturday 15th October 2022 (10 till 1pm)

Saturday 26th November 2022 (10 till 1pm)

(All campuses Lichfield, Tamworth, Cannock, Rodbaston and Torc in Tamworth)

Booking in via website is recommended.

You don't have
to see the whole
staircase, just
take the first
step.

*Martin Luther
King, Jr.*

positivityblog.com

Find out more

Stafford College All events are 5 till 8pm

North Warwickshire and South Leicestershire College: Thursday 20th October 2022 (5.30 till 8pm)

Hinckley campus: 3rd October 2022

Nuneaton campus: 6th October 2022

MIRA Technology campus: 6th October 2022

Wigston campus: 3rd October 2022



Birmingham Metropolitan

College (including Sutton Coldfield, Matthew Boulton, Erdington Skills Centre and James Watt Campuses)

15th October 2022 (time unconfirmed – see website)



Birmingham Ormiston Academy (BOA)

13th October at 6pm (KS5)



Mr. Hall's Health & Fitness

Once you have identified your **barrier** to sports **participation**, you can begin to find ways to **get past** these barriers and become **more active**.

Below are some suggestions:

Barrier to participation	Possible solution to overcome the barrier
Lack of time	-Do a work out before or after school/work. -Incorporate exercise into your day. For example; Take the stairs instead of the lift. Park your car in the furthest bay away. Go for a walk during your work break.
Lack of money	-Follow a work out video on YouTube. -Perform bodyweight circuit exercises at home. -Go for an evening walk.
Lack of transport	-Walk, run or ride as a form of exercise. -Do home workouts.
Lack of childcare	-Play a family game of rounders, football or tag. -Complete an obstacle course in your garden as a family.
Lack of mobility	-Perform chair aerobics. -Give aqua aerobics a go. Water supports the body and reduces the risk of muscle or joint discomfort.

