Wellbeing Weekly

ROYAL The 11th November marks **BRITISH LEGION**The 11th November marks **Armistice Day**. Armistice means an agreement to stop fighting (it is from the Latin for being still). An

agreement was made for the First World War to stop at 11.00 am on 11th day of the 11th month of 1918. By the end of the war approximately **20 million people were dead** (10 million of them were civilians) and a similar number injured. The Royal British Legion cares for injured service personnel and their families. Remembrance Sunday is held on the nearest Sunday and the country commemorates all those who fought in WW1 and subsequent battles.



Kettlebrook

At Kettlebrook, students made poppies and our wreath is displayed in Reception as our own mark of respect.

This is my great-grandfather's grave and you can just see that the name of his son, William, is also on it. William's body was never found – he was missing presumed dead and his father died in 1918 without knowing what had happened to his son. They said he died of a broken heart. William's name is on the Arras Memorial in France. He fought from 1914 until his death in 1917.

There are graves like this one all over the country – quiet reminders that these soldiers were fathers, sons, brothers and husbands. *S Norrington*

SHARM EL-SHEIKH EGYPT2022 This week in Egypt, world



For the Fallen

- They shall grow not old, as we that are left grow old:
- Age shall not weary them, nor the years condemn.
- At the going down of the sun and in the morning
- We will remember them.

2022-23 Issue 9, 11 November 2022 Kettlebrook Short Stay School, Tel : 01827312840 office@kettlebrook.staffs.sch.uk



Initials: W Initials: W Nationality: United Kingdom Rank: Private Regiment/Service: Durham Light Infantry Unit Text: 20th Bn. Age: 27 Date of Death: 25/03/1918 Service No: 44697 Additional information: Son of Mary Norrington, of Ivy Holme, Stone Hill Sellindge, Ashford, Kent, and the late B. M. H. Norrington. Casualty Type: Commonwealth War Dead Grave/Memorial Reference: Bay 8.



FOR YOU

leaders are meeting to try and find some solutions to the world climate crisis.

This crisis is EVERYONE'S!

In Art this half term, we have worked on a project called 'endangered animals from an endangered planet' and this work has features on the website of New Urban Era – the Tamworth arts organisation.

You can follow the link below to see our work :





Wellbeing Weekly

https://newurbanera.org/2022/11/02/endangered-animals-from-an-endangered-planet/







The art work was

made using recycled materials and can also be recycled. The animals featured are all endangered.



Positive Feedback

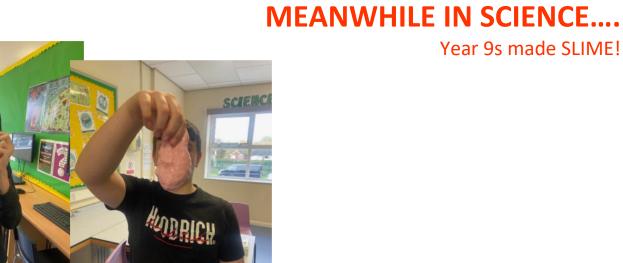
We are delighted to have received excellent feedback for many of our students at Motor Vehicle Mechanics. Some students were

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Practical skills are building and we hope this progress can continue ready for post-16.





Mr. Hall's Health & Fitness S A V E R S

The "SAVERS" Morning Routine

Over the next 6 weeks I will be building up a 6-part morning routine. Each week I will explain a new activity that you can add to the morning routine. Do each one for 5 mins each day. It will mean waking up 5 minutes earlier every week.

This week we are looking at "Silence"

Start every morning with a period of purposeful silence of at least 5 minutes Pick from the following activities to do during this period.

*Meditation - watch a 5 minute meditation video on YouTube
*Prayer - talk to your god. Give thanks, express sorrow for sins, confess or worship them.
*Reflection -think about the main things that happened yesterday. What positives were there? What things would you change if you had the chance?
*Deep Breathing - Close your eyes and focus on your breathing. What do you notice about your nose, mouth, chest and tummy every time you breathe in and out?
*Gratitude- What are you thankful for today? Make a list of 5 things that you are grateful

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bed for this, and preferably leave your bedroom altogether.