

Live artist stream with KORP



We learnt
new techniques and
created arty GONKS
that will be
projected onto the
castle
walls this
Christmas.



WE ARE HERE
FOR YOU



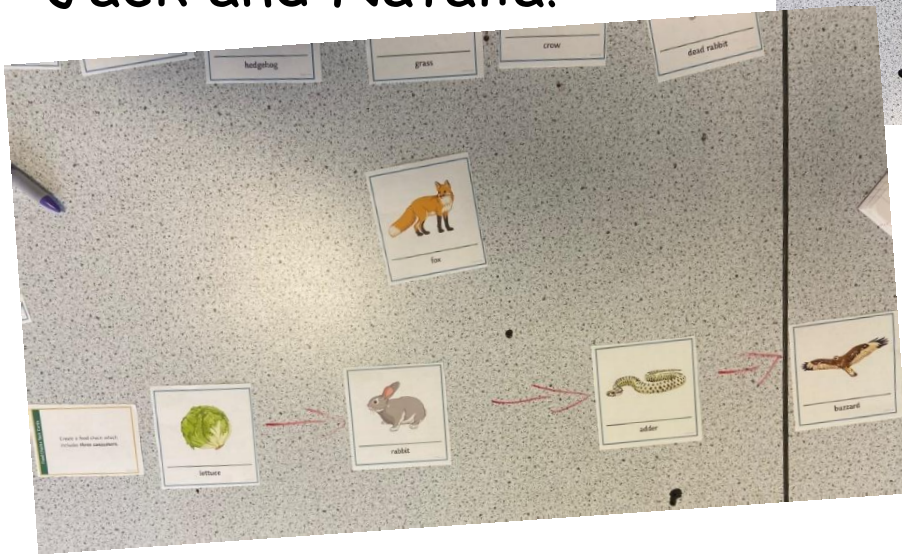
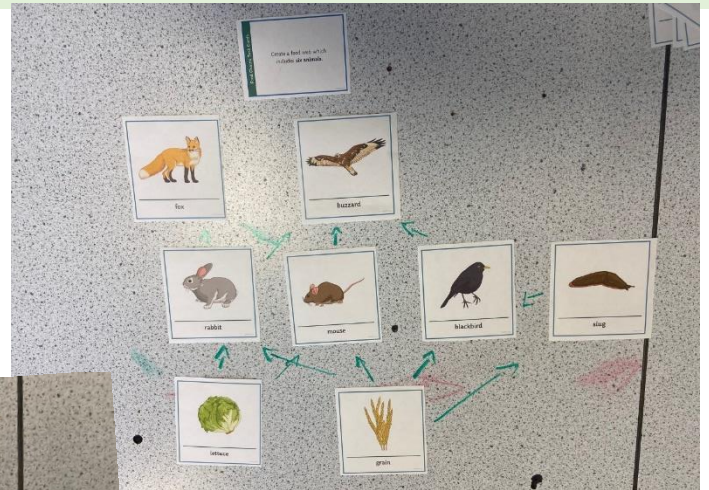


Mr McDermott is modelling some huge angel wings that will be decorated in school and will feature in Tamwoth's Christmas celebrations.



It has been a creative week at Kettlebrook. Jack's art continues to impress. Taylor's beautiful turtle is complete. Ashley and Mason have been learning keyboard - Mason has begun a GCSE composition!

In GCSE Biology students are revising food chains. Great job Jack and Natalia!



YEAR 11 MOCKS SOON!

We hope to help all our students succeed in their exams. Year 11s will be completing some exams in the next few weeks. Please take time to read Kettlebrook Exam Preparation 2022-23. Any questions, please get in touch.

Our Careers' Advisor, Kelly Wright, is available to all students on Mondays. If any student is feeling anxious, please let us know so we can support.



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Some students will find school and particularly exam seasons quite stressful, and some will have other things causing them stress as well.

Students are learning about stress management in PSHE.

They are learning positive ways of dealing with stress. This has included revisiting the **5 ways to Wellbeing** and the beautiful art created last summer and is now displayed in school.

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.



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.



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



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.

Here is a list of things that we agreed don't help with stress.



Irregular sleep



Caffeine



Alcohol



Sugar



Messy living space



Skipping meals



Not enough exercise



Too much time online



Not enough fresh air



Not enough water



Watching the News



Processed foods

Wellbeing Weekly

New Ways November 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times





Mr. Hall's Health & Fitness

Do you have a morning routine? If you want to have a great day, start with a great morning.

How we wake up each day and our morning routine (or lack of) dramatically affects our levels of success in every single area of our life.

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.

To give you an sneak peak of what the completed morning routine will look like after 6 weeks see the "SAVERS" table below

S	A	V	E	R	S
Silence Be quiet in your mind and block out the chatter through meditation, prayer or focused breathing.	Affirmations Tell yourself encouraging words to achieve goals, overcome fears and feel happy.	Visualisation Imagine yourself doing each thing you need to do for the day and imagine what it feels like to succeed.	Exercise Go for a walk or a jog. Getting moving allows blood and oxygen to flow to the brain.	Reading Fill your brain with positive thoughts and ideas to improve yourself.	Scribing Write a journal to process your thoughts and reflect on what you've achieved.