

Wellbeing Weekly

PARTNERSHIP WITH HOME



We very much value working with home to help support our students. Thank you to all who were able to come to school to meet their child's Key Worker and to discuss how we can support them further. Thanks also to all the staff and students who made cakes for our Macmillan Cake sale.

We hope that everyone has a lovely half term and that we see students safe and well on Monday, 31 October at 8.45.

Parents who attended school completed a questionnaire which we will use to help us improve our school further. If you were unable to attend, we would still like to gather your views and so we shall be getting a questionnaire soon!!

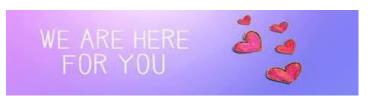
Mr B Sims, Head of School

Onwards and upwards...



The picture shows that out of the stump of a tree, the tree has managed to start life afresh and grow again.

beginning and an opportunity to show our best to each other. We are here to for our pupils. Please do not hesitate to let us know if you have any concerns so that we can support where we can – and please make sure we have up to date contact information.



2022-23 Issue 7, 21 October 2022 Kettlebrook Short Stay School, Tel: 01827 312840 office@kettlebrook.staffs.sch.uk

More Descriptive Writing (GCSE Paper 1 Practice)

The room was a rectangle of charcoal black; I could only just about make out objects that were in the way: old wooden chairs which were randomly placed in a strange manner; a chalk board full of fine white scratches and a wooden clipboard,

which looked like it had been launched across the room.

As I walked, slowly, floorboards creaked and squealed with every step I took. I went over to one side of the room which was also the coldest. I walked into a glass cabinet and realised that it stored poison and dead frogs - sitting in a dazed solution.

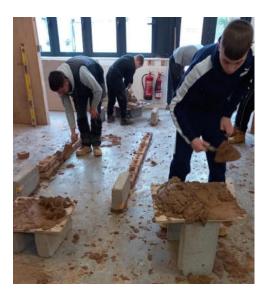
Turning around, using the feel of my hands to navigate, I came to a row of fixed tabletops – I felt the surface: the feel of gas taps made me come to a sudden stop. I figured out I was in an old science classroom that had been left to rot.

From the corner of my eye, I could see outlines of tripods and Bunsen burners (like they were set up for an experiment); I could hear the sound of whistling gas taps in my head like I was at school doing a practical.

Unexpectedly, there was a flareup of red cherry jam and bumblebee yellow – as the colours merged together - they looked like water colours on an artist's canvas.

Josh, Year 11

TORC Many of our students attend college each week. Our partners at TORC teach students bricklaying and skills are building fast towards qualifications.









Wellbeing Weekly

In PSHE students
have been studying
about bullying – the
reasons why people
bully and also the
effects. The damage
that bullying inflicts
should be taken
seriously and some
students made links
between bullying
and poor mental
health.

Year 11s have learned about stalking – the different types of stalking, stalking behaviours and where to get help. They learned that

anyone can be a victim. The four warning signs of stalking:

Fixated

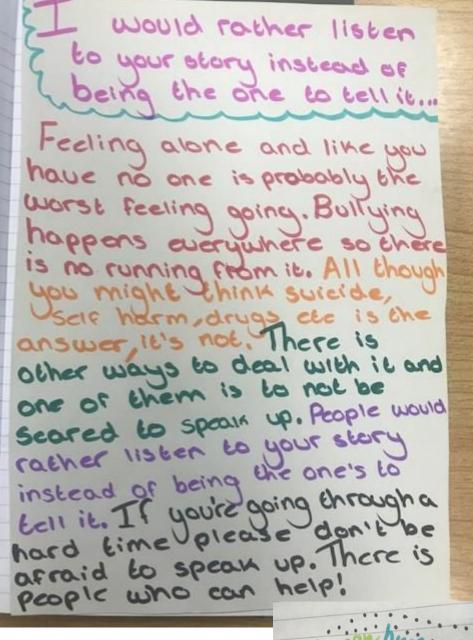
Obsessive

Unwanted

Repeated

NATIONAL STALKING HELPLINE:

0808 8020300









Free Emotional Health and Well-being support that families can access.

Action for Children have developed a number of workshops which may be of interest to you. All workshops last for 1 hour and are intended as a space where you can join likeminded people who are experiencing similar situations.

The following workshops are available each month and full details of dates and times and how to book can be found on the website:

News — Staffordshire Emotional Health and Wellbeing Service (actionforchildren.org.uk)

- Managing Emotions ages 7-11 years & 12-18 years
- · Communicating with My Child for Parents
- NEW Anxiety in Autism for Parents

SilverCloud - is an online support programme available for self-sign up for parents, please see attached guide, topics include <u>Supporting an Anxious Child or Teenager.</u>

There are also programmes available for young people aged 16+.

To self-sign up for this option please

visit https://actionforchildren.silvercloudhealth.com/signup/

Action for Children also have an excellent website:

Build Sound Minds https://minds.actionforchildren.org.uk which gives lots of advice that you can try, along with other support you can access.

Action for Children have a 'live' parenting service which can be accessed
via their website https://actionforchildren.org.uk and click on 'Parent Talk' where you can talk online
to a parenting practitioner.

CAMHS also have downloadable resources that you may find helpful and they can be accessed by following this link,

https://www.camhs-resources.co.uk/downloads

IMPORTANT: Please note Action for Children is not a crisis service, if at any point you are worried about the safety of a young person or if risks have escalated, please contact the appropriate services.