



The Christmas tree made at TORC by our students will be at Kettlebrook for years to come.

Well done all concerned!!



We have all enjoyed some festive fun and treats.

Students and staff had a morning of quizzes and games - including The Pringles Challenge - won by Ashley. We then all enjoyed a delicious traditional meal of turkey, stuffing, potatoes, carrots, parsnips, brussel sprouts and cauliflower. Most of us were too full to enjoy much of the chocolate puddings! Thank you to Mrs Patel, Mrs Rathour, Mr Round and Miss Williams for the preparation and



fine table service.

In Science students have made bath bombs which they have taken home.



WE ARE HERE  
FOR YOU



2022-23 Issue 1, 9 Sept 2022

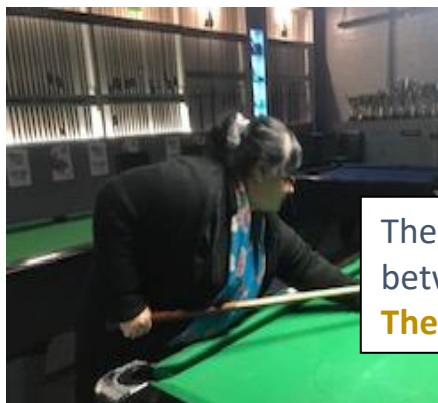
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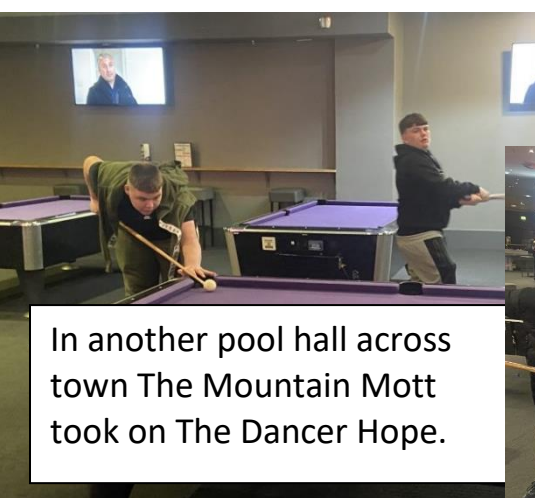
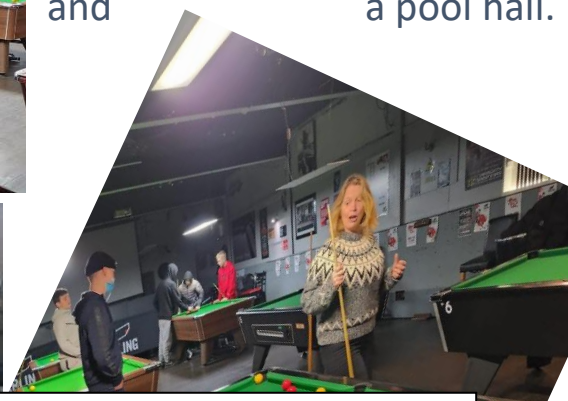




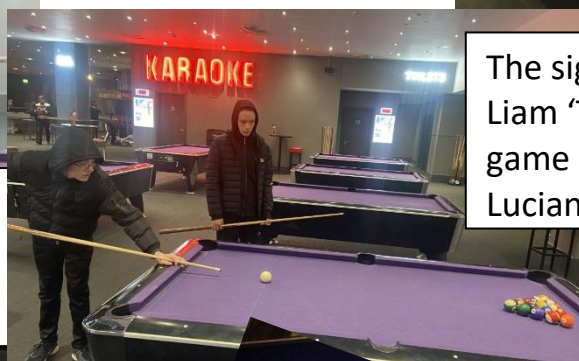
Many of our students have enjoyed trips out or cooking activities with their keyworkers. There's been Jump Extreme, Star City, Bowling and a pool hall.



The eagerly awaited bout between **Dynamite Rathour** and **The Ginger Duchess** took place.



In another pool hall across town The Mountain Mott took on The Dancer Hope.



The sign for *Karaoke* nearly distracts Liam 'The Whirlwind' Cole from his game against The Iceman Latham. Lucianna couldn't even watch!!

Fr.4	1	2	3	4	5	6	7	8	9	10	Tot.
Mk	9	3	5	8	8	9	7	4	3		68
	13	21	29	37	47	47	61	65	68		
Ashley	-	-	-	3	8	-	7	7	-	5	49
	10	10	13	21	28	35	35	43	49		
L.Coley	6	9	9	6	2	9	-	7	8	-	71
	6	15	31	39	48	48	55	63	71		
Holly	-	9	-	7	1	6	1	3	3	4	64
	9	16	32	39	45	53	56	64			

PLAYER	1	2	3	4	5	6	7	8	9	10	TOTAL
Luciana-jay	8	6	3	-	8	-	3	6	7	-	52
	8	14	17	17	25	28	34	41	48	52	
Poppy	9	4	/	-	X	3	3	5	5	1	65
	9	19	19	35	41	46	52	52	58	65	
Lexieeeee	5	3	4	7	-	1	4	4	5	6	64
	5	12	19	24	33	39	46	54	60	64	
Shanee	3	5	3	6	7	-	2	4	4	5	77
	8	17	24	33	41	46	54	63	68	77	



Miss Dynamo Williams wins at bowling – read em and weep y'all!



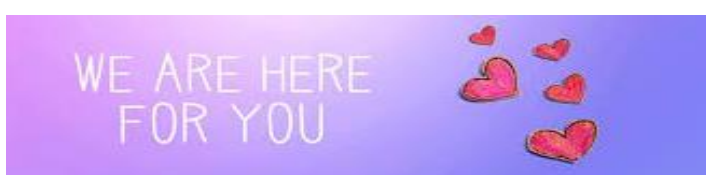
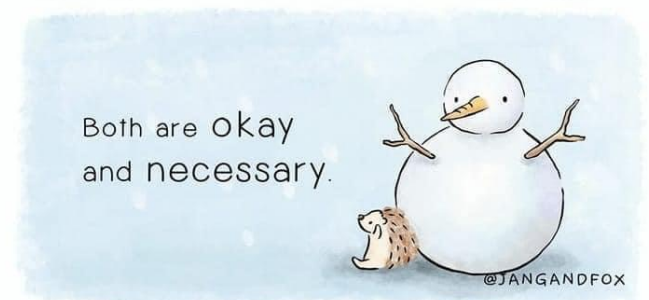
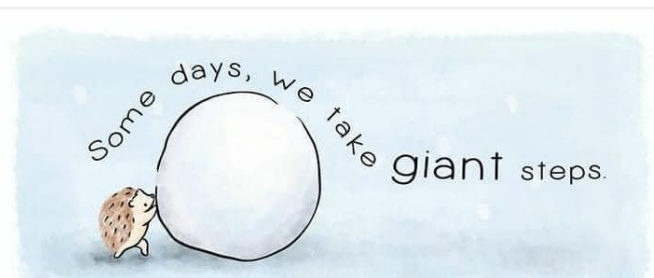
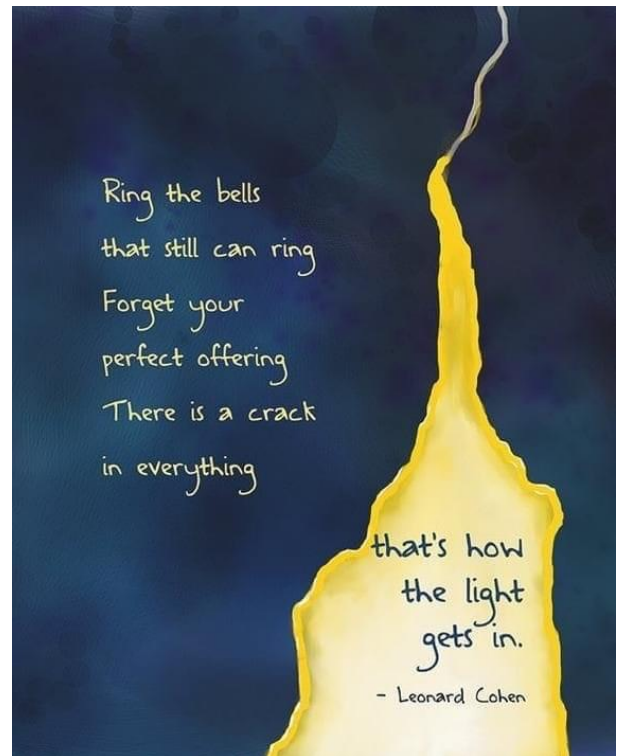


Christmas can be a very difficult time.

It can be a time to enjoy with friends and family.  
It can be a time when goodies are shared and lots of fun can be had.

It can also be a time when we miss absent loved ones all the more. We can also feel we are unable to give all those 'must have' gifts that we wish we could and we feel too tired or stressed to be the life and soul of the party.

So - we should remember those tips from last week:- **1 Plan ahead. 2 Make time for you. 3 Avoid Comparisons. 4 Pace yourself. 5 Get outside. 6 Eat healthy. 7 Alcohol in moderation. 8 Get some sleep. 9 Talk to someone. 10 Get active.**





# 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 "Scribe"

Scribing=Writing

Writing enables you to document your insights, ideas, breakthroughs, realizations, successes, and lessons learned, as well as any areas of opportunity, personal growth, or improvement.

Effective Journaling:

1. **Choose a format.** Decide upfront if you want to go with a traditional, physical lined diary or go digital, such as an online diary.
2. **Get a journal.** Get a nice and durable diary that you enjoy looking at.
3. **Decide what to write.** can write about your goals, dreams, plans, family, commitments, lessons learned, and anything else that you feel you need to focus on in your life.