

BIODIVERSITY PROJECT

We were lucky enough to receive funding from South Staffs Water to increase the biodiversity on our school site. This week some of the students have visited Planters Garden Centre, with Mrs van Jaarsveld, to buy some plants for our Wildlife Garden.



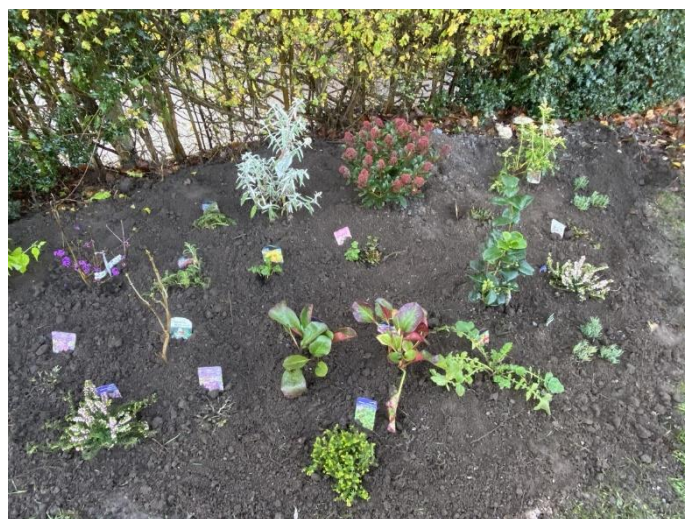
Before the planting began. There are very few plants, just the hedge and trees. However, it is hoped to encourage more wildlife with additional planting of different species of plants.

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The students now have a seating area. Mrs van Jaarsveld spent an afternoon planting what was chosen (in the pouring rain!) and over time we will hopefully see the plants grow, with plenty of flowers and berries to attract bees, other insects and birds to our garden. Watch this space for more exciting additions to come to the Wildlife Garden.



ADDICTION

Year 11s have been learning about *addiction* in PSHE. Addiction is a **treatable** but **chronic medical illness** where people use substances or engage in behaviours that become compulsive and continue despite harmful consequences.

CAUSES

Addiction is caused by a mix of brain circuits, genetics, the environment and life experiences.

SYMPTOMS *can include*

- Anxiousness
- Inattentiveness
- Lack of motivation
- Irritability or angry outbursts
- Changes in personality or attitude
- Withdrawing from people
- Unexplained paranoia

SUPPORT

FRANK 0300 1236600



www.mind.org.uk

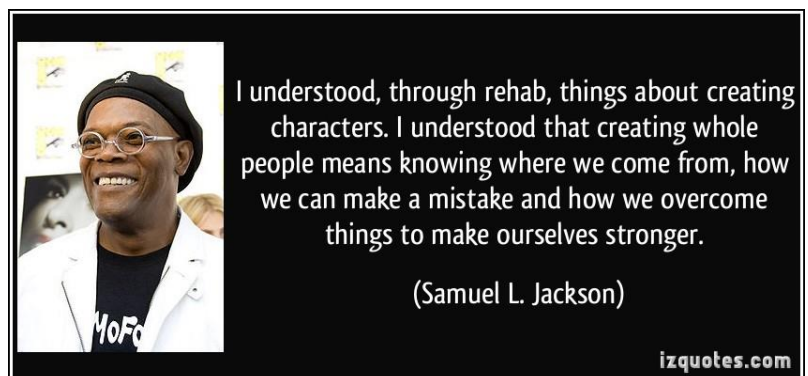
The four 'C's of addiction

Compulsion – irresistible urge for the substance or behaviour

Cravings – cravings that mimic physical needs like hunger or thirst

Consequences – negative consequences to your life

Control – the person has lost control of the use of that substance or behaviour.



YOUNGmINDS
fighting for young people's mental health

<https://www.youngminds.org.uk>

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Kettlebrook Short Stay School, Tel : 01827312840
office@kettlebrook.staffs.sch.uk



A trip to Conkers for team-building, physical wellbeing and fun with Mr McDermott and Mr Hall.

TRAINING
INITIATIVE

On Fridays, year 11 students have been learning about Street First Aid from Andy of the Training Initiative. They have all learned how to use a defibrillator as well as some basic CPR techniques.



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Mr. Hall's Health & Fitness

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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 "Affirmations"

Affirmations are positive deliberate thoughts you say to yourself or say out loud or read to yourself.

For example, they could be words such as

"I am happy and healthy and ready for the day to bring me more of life's goodness".

Or

"I'm so happy that I have enough money for my needs today and every day".

By starting the day with **purpose positive messages**, we know the first things we hear are good thoughts to encourage more of the same throughout the day when we need it most.