

Year 11 written exams begin on Monday 5 December.

Please check timetables carefully and contact us with any queries.

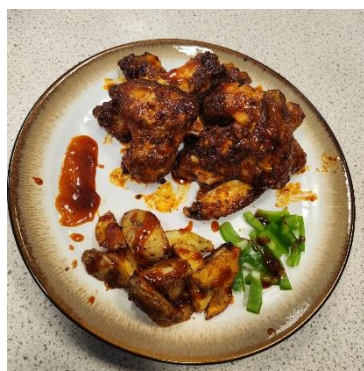
EXAM DAY SUPPORT

What students need	What they don't need
Layers to stay warm (no hoods for exams) Water in a clear bottle with no labels To arrive in good time To eat before exam A good night's sleep the night before	Phones, watches etc (they can be left at home or handed in) Equipment (we provide everything) Fizzy drinks etc – can't have them Arguments or stress beforehand
To support we will:	To support you could:
We will provide water We will be waiting for your child so we start on time Take care of all phones during the exam We will supervise them considering any additional needs	Check the timetable carefully and call with any queries If you're running late, call us so we know they're on their way Try and get them to eat before they come in. Ensure they are wearing suitable clothing See they get an early night

Practical work for qualifications is ongoing – students are currently working on Art folders, Music compositions and performances and PE practicals.

Many of our students achieve a Food qualification. This is Natalia's food practical – Chinese chicken curry with flat bread and chocolate chip cookies.

Below Ashton's sticky wings and spicy fries and brownies. Also Jack's homemade pepperoni pizza.



WE ARE HERE
FOR YOU



2022-23 Issue 1, 9 Sept 2022

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YEAR 10 STUDENTS WROTE TO ONE OF OUR NEIGHBOURS IN ENGLISH

Dear Joy

I am a student at Kettlebrook Short Stay School. I am 14 years of age and I have a range of hobbies: I like dance and gymnastics; I didn't watch the Olympics though because it bores me, but I enjoy doing dance and gymnastics as it takes my mind off other things that have happened – after I have done these activities I feel happy and less stressed.

When I was in Mrs Mee's English lesson, I read your article and it made me feel quite bad as you had to go through so many traumatic experiences. I read that your school had been surrounded by the sound of the bombs; it made me scared for the students and made me think about the following questions:-

1. How long did it take you to feel able to open up about your experiences?
2. Did you have a best friend that you could talk to?
3. What are your nicest memories today?
4. What advice would you give to someone who is upset or angry?

Now I would like to talk to you about something we are all familiar with: food. I knew that you would have had to have rations, but I was wondering how much food you were allowed to eat in a day and what foods were they? Did you ever dislike any of them? Do you have any favourite foods now?

Personally, my least favourite food now is fish. I hate every kind of seafood; however, I really like snacking and my favourite things are Quavers and chocolate buttons.

I would now like to share with you my favourite holiday destination: 'Skegness' – I go to Skegness every year for a holiday. We really like it there and it is a fun, family place to go to and we always stay in a caravan (a family one); my mum was going to move there once, but she didn't. When we visit Skegness, we love to go to the beach and the arcades because they are fun – we also love to go to 'Fantasy Island' on the rides.

Finally, I enjoyed reading about your honest experiences.



Thank you for taking the time to read my letter. I have made a fish in my Art lesson for you to keep.

I look forward to hearing from you.

Kind regards



Following on from our superb talk from Natalie Queiroz, we are reminded that the police continue to offer a scheme so that people have the opportunity to hand in weapons at St Editha's Church in the centre of town.

For more information:

<https://www.staffordshire.police.uk/ditchtheblade>

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 "Exercise"

Yep, you knew this was coming. However, you don't need to run 8 miles or even go to the gym at all (unless you want to). "Exercise" can be something as simple as a 5-minute yoga routine or set of bodyweight exercises you do on your living room floor. You just need to get moving and get the blood and oxygen flowing to the brain. An active body leads to an active mind!



December Kindness 2022

MONDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

TUESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

WEDNESDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

THURSDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

FRIDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2023

SUNDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier · Kinder · Together

