

Wellbeing Weekly



The half term focus is **Me, Myself and I** and in PSHE students will be spending time considering where they hope to study after they leave Kettlebrook.

South Staffordshire College has courses

available at four main sites:- Lichfield College, Cannock, Rodbaston College and Tamworth and TORC Colleges.



The range of courses available is amazing: - students can train to be a florist or a car mechanic, to work with children or the law and everything in between! Some of our students are already enjoying courses at TORC and Tamworth College (Hair and Beauty, Motor Mechanics and Bricklaying).

To find out more about the Open Day on Saturday 14 Jan look at the website or ask in school.



CONGRATULATIONS go to

two of our year 11 students who have already been accepted onto the level 2 Bricklaying course at TORC ready for Sept 2023! And to the 3 students at Hair and Beauty who passed their latest assessments! We will support all of our year 11s

onto courses or apprenticeships ready for September.



Thanks to Mrs Jackson for the pictures and the ongoing support for students at college.



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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.











Wellbeing Weekly

AND SUDDENLY you just KNOW

IT'S TIME to START

SOMETHING NEW

AND TRUST the MAGIC

natural * li



Every new year many of us try to be better in a number of ways:- we try to be healthier, thinner, kinder and more hard working. January can be tough with bills to pay, inches to lose and long cold evenings to endure.

There will be some who find new year painful as the turn of the page in the diary leaves a loved one who has passed further behind in the past.

So, we need to try and be kind to ourselves as well as to others and remember that

every day is a fresh start. Anyone who needs additional support must let us know in school so we can help. We have our school nurse and counsellor and can help signpost if ever needed.





















Mr. Hall's Health & Fitness

The new year is the perfect time to set new goals for yourself- improving both your physical and mental health. However goal setting can be difficult. That's why so many people never follow through with them. Here are some helpful tips to help you stay dedicated to your goals in 2023!

Ask Yourself Why

Once you find the reason that drives you, you will have a better mindset to complete your goals.

Set Specific and Reasonable Goals

Be specific about what you want to do. Don't just say you want to lose weight or set a new bench press personal best. Say, "I want to lose 10 pounds this year," or "I want to add 10 kilograms to my bench press."

If you have never been into fitness, chances are you may struggle at first. Set small goals for yourself and then build momentum. Set the goal of simply going to the gym. Then once you've formed a habit, increase the difficulty of your goals.

Write Down Your Resolutions

Write your goal on a sticky note and place it on your mirror, where you will see it everyday. If you write down your goals and share them with friends and family, you are more likely to follow through with them than if you didn't.

Establish a Set Schedule

If possible, workout at the same time and the same place every day. This will help you establish a routine.

Invite a Friend

Asking a friend to join you on your fitness journey can be helpful. Not only do you get to be active and spend more time with your friend, but you also have someone to hold you accountable.