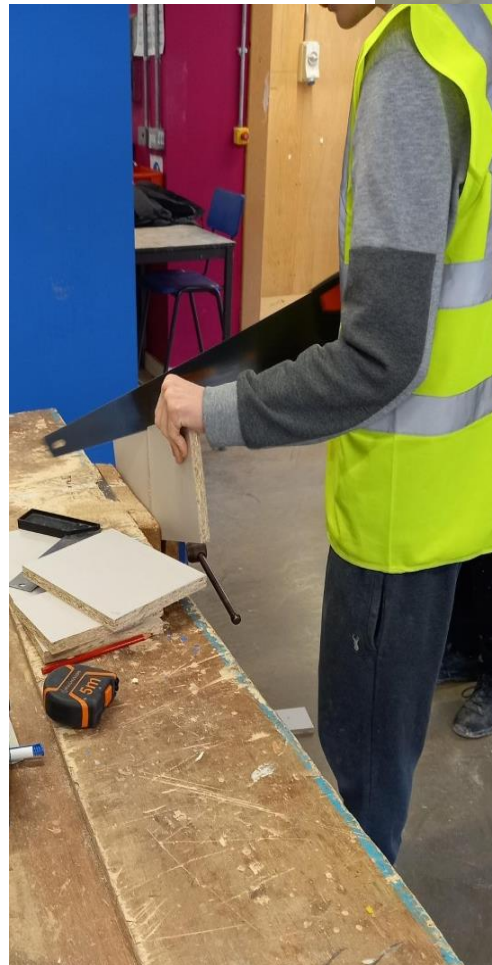


TORC

Students have been making bird boxes – this one by Corey (Year 11) is outstanding.



'It is lovely to see how well the boys work together and also how their skills are improving week on week.'

Mrs Jackson





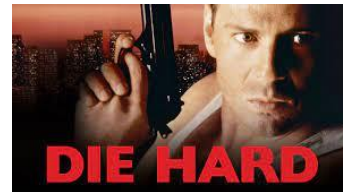
Kettlebrook's beautiful wings have flown to Pandora at Ankerside. Mrs Potter ensured they landed safely! We would love to see your pictures of yourselves with the wings.

Please send them to sophie.norrington@kettlebrook.staffs.sch.uk.



Christmas movies

Students and staff have been asked to choose favourite Christmas movies. Below is a list of the films named by staff. (Next week we will share the student's favourite films.)

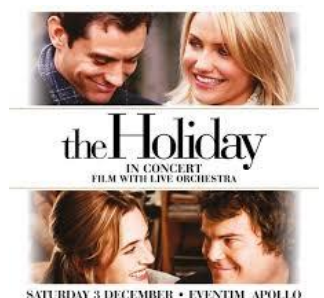


Top 3 films were Home Alone, Elf and Die Hard (some say it isn't very Christmassy...!) with 3 votes each.



Others were The Grinch, Four Christmases, The Muppets' Christmas Carol, Miracle on 34th Street, Holiday, Home Alone 2, Polar Express, National Lampoon's Christmas Vacation, Love Actually, White Christmas, Gremlins, It's A Wonderful Life.

Watching a movie with family and a hot chocolate. What a wonderful way to spend a couple of hours over the holidays!



Christmas can be a difficult time for lots of reasons – here are some top tips gathered from organisations like Mind (mind.org.uk) to help us through.

Plan ahead Avoid unnecessary stress over the festive season by planning as much as possible in the run up to Christmas and being careful not to take on too much. AND you're not being selfish by saying "no" to some things or asking for some help. For example, if you're hosting Christmas dinner, could you ask some of your guests to bring a starter or dessert?

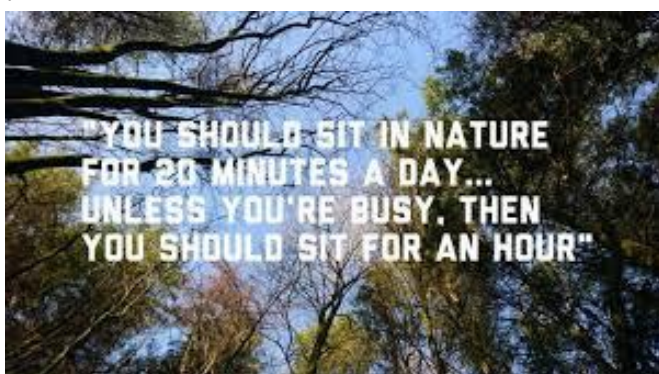


Make time for you At Christmas it can be all too easy to get swept up into other people's ideas of fun. It's important to make sure that you do something you want as well – this is your holiday too! If you know this will be hard, try booking something in advance or setting a free day or two aside just for you.

Avoid comparisons If you do decide to use social media over the festive season, avoid comparing your experience to those of your friends. Remember that most people only share the best bits of their lives online and you don't know what's going on behind the smiling selfies and prezzie pics!



Pace yourself Give yourself time to relax over the Christmas period.



Get outside Going for a wintery walk – even if it's just around the block – can be the perfect way to get some fresh air and exercise along with a change of place.





Try to eat healthily While it's normal to over indulge a bit over Christmas, try to keep your diet as balanced as possible with lots of fruit and vegetables. This will help you to avoid energy lows that can have an effect on your mood.

Alcohol in moderation While a bit of alcohol can make you feel relaxed, don't forget that drinking too much can leave you feeling irritable and low. Alcohol can also play a big part in arguments and disagreements, so it's sensible to drink in moderation.



Get enough sleep Feeling sleepy can also leave you feeling low, so try to keep to regular sleep patterns as much as possible over the Christmas period.

Talk to someone If you're worried about Christmas or feel overwhelmed or under pressure, don't be afraid to talk to someone about it. Have a chat to someone you trust.



Keep active Exercise can be great for mental health and there are still ways to keep it up over Christmas! Have a boogie to some festive classics or head outside for a walk in the fresh air. If we're lucky enough to have a white Christmas, you could even get some people together for a snowball fight or go sledging!

Christmas alone If you're spending Christmas alone, have a think about what you want to do beforehand. You may decide to curl up with a favourite movie (or try one listed earlier), book yourself a treat or arrange to go to a lunch.



"Volunteers are not paid -- not because they are worthless, but because they are priceless."

Volunteer It's no secret – giving something back can help you feel good about yourself and there's no more perfect time to volunteer than around Christmas.

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 "Visualisation"

Visualising what you want generates positive emotions that encourage and help move you toward your vision.

Start of by breathing deeply, close your eyes, and clear your mind.

Visualise the results you want and see yourself achieving them: Use your senses to see, hear, feel, touch, smell, taste every aspect of your dream. The more detailed and real you make the mental picture, the more motivated you'll be to take action. Then, envision yourself achieving your goals. Imagine how good it will feel to have followed through and achieved your goals.

Visualise the person you need to be and what you need to do: With a clear mental image of what you want, imagine yourself changing, living, and acting in ways that enable you to achieve your vision. See yourself studying, writing, making calls, or doing whatever you'll need to do to reach your goals. Picture yourself with a look of confidence or determination on your face.

