



## A FABULOUS MORNING SCOOTERING AND SKATEBOARDING WITH RUBICON!

Everyone who took part loved it!  
Thanks for arranging this Mrs Patel.



WE ARE HERE  
FOR YOU



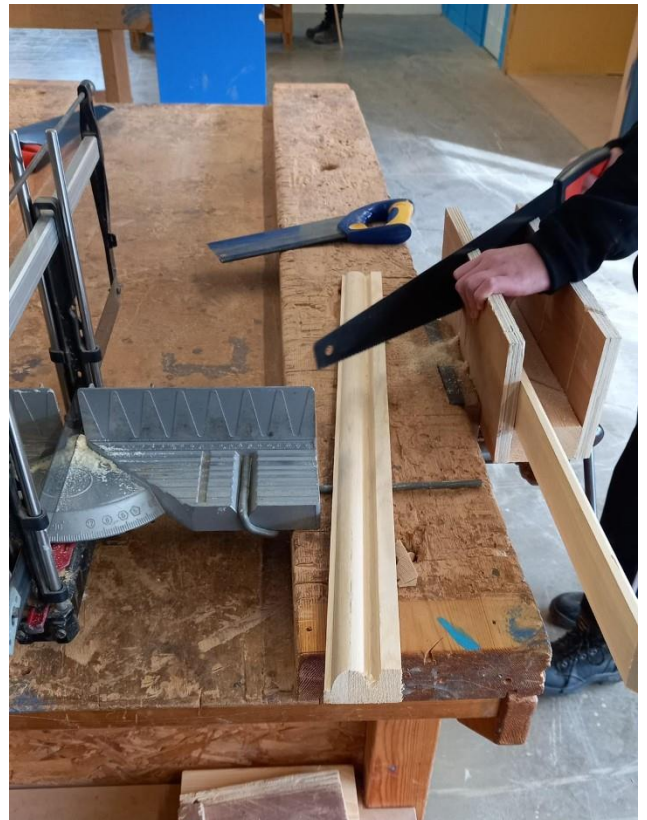
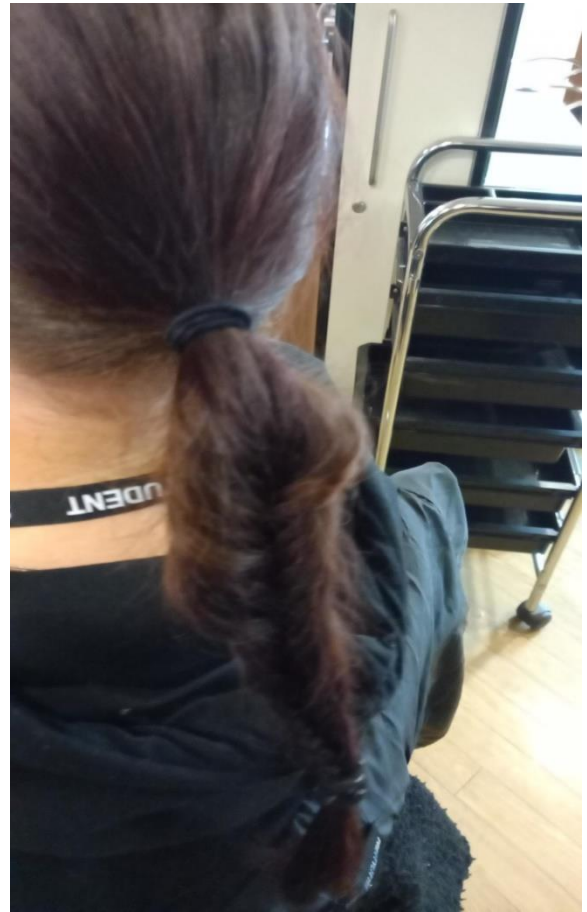




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FOR YOU



**Our students continue to succeed on their college courses. Thanks to Mrs Jackson for supporting them there.**



Many thanks for the support given to our year 11 students as they continue with their exams. As the saying goes, 'fail to prepare and prepare to fail.' We have given our students the necessary opportunity to complete mock papers so that we can identify areas that need further work ready for the summer.



Please get in touch if we can help. All the staff at Kettlebrook are dedicated to supporting our students. Most of our community are amazing and respond positively to the support and opportunities we offer them.

Physical and verbal abuse is not tolerated at Kettlebrook.

**Treat People  
with Kindness**



# Mr. Hall's Health & Fitness

## Physical, emotional and social wellbeing

The World Health Organisation (WHO) defines health as 'a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'.

### Physical health

Good physical health is linked to **fitness** – being able to perform effectively the physical tasks involved in life as well as sport.

Being physically healthy includes:

- enjoying being physically active
- having good balance, coordination and agility in everyday tasks as well as sport
- having the strength, stamina and suppleness required for daily life, work and play
- having fewer illnesses, diseases and injuries



### Social health

Social health also contributes to wellbeing – feeling positive about interactions with other people and the wider world. Being socially healthy includes:

- being able to interact with a range of people and having a sense of belonging
- having respect, empathy and tolerance for other people
- being able to manage emotions to suit the situation
- recognising and managing the effects of actions on others
- being aware of rights and responsibilities

### Emotional health

Emotional – or mental – health is linked to personal **wellbeing** – feeling positive about yourself. Being emotionally healthy includes:

- having self-esteem and self-respect
- being able to recognise and express feelings
- being able to manage emotions to suit the situation
- recognising and managing the factors that affect emotions
- feeling positive about life (which includes feeling useful and being optimistic about the future)