

## WORLD BOOK DAY



We celebrated World Book Day with a number of fun activities including quizzes, films, poems and of course food! Thank you to Mrs Mee for arranging everything for us.



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FOR YOU



## Some beautiful work about reading was completed.

My English teacher, Mrs Mee asked me what my experience of reading was. I sat and thought about this – these are my thoughts. I don't currently remember when I started reading. I can't remember any stories from when I was younger, but I can't even remember what I had for tea yesterday!

I can honestly say that I have only started reading since coming to Kettlebrook as I did not attend English lessons at school. When I had to learn English at KSSS I felt comfortable straight away because everyone made me feel welcome.



At first, when I was asked to do creative writing I felt 'clueless' because I didn't know what I was doing and I hadn't experienced much English. Now I have improved lots because of Mrs Mee and I have gained much more confidence in my English skills; I am now using a different word like 'unequivocally'; I can use the list of three and I can use PEZEL when analysing.

Overall, I feel proud, very proud, because I understand what I am doing and why I am doing it. And this is all because of Mrs Mee. She has been a massive help for all of this.

I think that reading is important because you become very confident with your reading, but it increases your confidence over all.

*Natalia, Year 11*

My experience of reading started when I was approximately 4 years old but I didn't read much at primary school. I did used to get books read to me before I went to bed. Reading books is a habit that I now have, reading before bed. I did used to feel forced to read a book at primary school, but I never really used to read it. But now I only read a couple of pages at night, but now I only read a couple of pages at night. It has different sections that can be read at any time. I think that reading is important because it helps us to spell and to learn new words. The book that I'm reading is the bible.

Year 11 student

“  
THE MORE THAT  
YOU READ, THE MORE  
THINGS YOU WILL KNOW.  
THE MORE THAT YOU  
LEARN, THE MORE PLACES  
YOU'LL GO.  
”

Dr. Seuss

A book is a  
uniquely  
portable magic.

Stephen King



# Wellbeing Weekly



**"Vision like a hawk,  
Blocking like a wall.  
Nobody can tackle me  
When I'm on the ball."  
Dylan**

**"Strong like an ox,  
Fast as a hound.  
One punch from me  
Will put you on the  
ground."  
Jenson K**

**KNOCKOUT!**



**"Big as a pig,  
Strong as an ox.  
I'll take you down  
With just one box."  
Dan**



**WORLD  
BOOK  
DAY  
2 MARCH 2023**

**"Sting like a scorpion,  
Small as a rabbit.  
Taking you out  
Is just my habit."  
Sid**

**"Large like an elephant,  
Strong like a bear.  
I'll take you down ...  
anywhere!"**

**James O'D**



**"Float Like A  
Butterfly, Sting Like A  
Bee. The Hands Can't  
Hit What The Eyes  
Can't See."**

**Muhammad Ali**

**"Swoop like an eagle,  
Fly like a bird.  
You'll never catch me  
Coming 2<sup>nd</sup> or 3<sup>rd</sup>."  
Eoin**



**"FORGET THE LION  
I AM THE KING  
MESS WITH ME  
I'LL LEAVE YOU IN  
STRINGS."  
LIAM S**



**"Slither like a snake,  
Run like a fox.  
You say you're good  
But you can't even  
box."  
Junior**



**"Quick like a hyena,  
Powerful like an ox.  
On the rugby field  
I'm as hard rocks."  
Jack M**

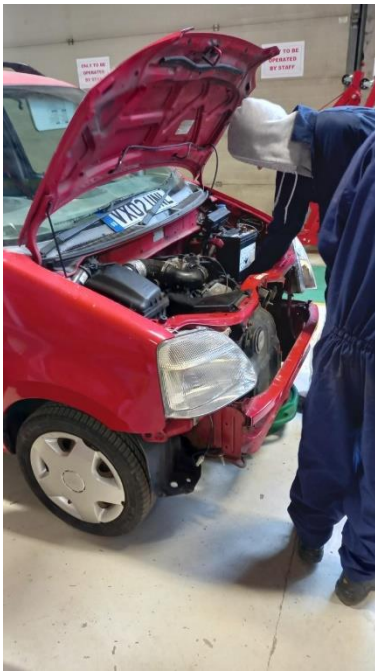


**"Slippery like a snake,  
Change like a lizard.  
You can't touch me  
'cause I'm like a wizard."  
Bayley**



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This week the lads have taken the radiator off, drained the coolant and adjusted the thermostat.



Students have completed an assessment in bricklaying this month also.

Natalia did Miss J's hair with heated rollers and a wand, they also worked on each others' hair.



Everyone has worked together as a team.



Josh made an excellent bird box and then helped other students complete theirs



Some of our students have been experiencing bullying. In PSHE we have been looking at some of the reasons **why** people bully. They include the fact that bullies have often been bullied before. One student said, **'I don't get it. If they've been bullied before then they know how bad it feels.'**



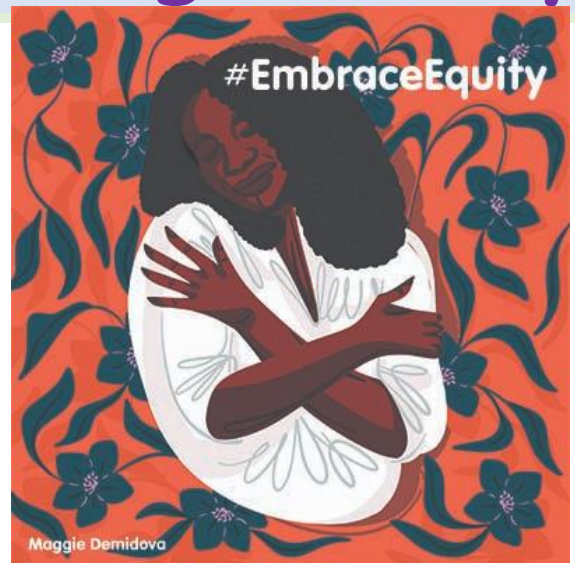
## International Women's Day

### Wednesday 8 March 2023

The IWD 2023 **#EmbraceEquity** campaign theme seeks to get the world talking about why "*equal opportunities are no longer enough*" - and can in fact be *exclusionary*, rather than *inclusive*.

What's the difference between '**equity**' and '**equality**' - and why is it important to understand, acknowledge and value this?

*Equality* means each individual or group of people is given the same resources or opportunities. *Equity* recognises that each person has different circumstances, and allocates the exact resources and opportunities needed to reach an equal outcome.



### Equality



### Equity



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# Mr. Hall's Health & Fitness



## LEADING A HEALTHY LIFESTYLE



### GET MOVING

Spend less time sitting  
and more time up and moving



### EAT HEALTHY

Cut out the junk.  
Eat more real, healthy food



### PRIORITISE SLEEP

Don't neglect a good night's  
sleep



### GET SUNLIGHT & CLEAN AIR

Get some sunlight each day.  
Get out in nature more



### GET SUNLIGHT & CLEAN AIR

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Get out in nature more



### DO MORE OF WHAT MAKES YOU HAPPY

Have fun, laugh more -  
Life doesn't have to be serious



### SPEND MORE TIME WITH THOSE YOU LOVE

Friends, family, pets - get  
social



### RELAX MORE, LET GO OF STRESS.

Make peace with the past &  
present, look forward to your future.  
Slow down.

# Wellbeing Weekly

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today  
[dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

