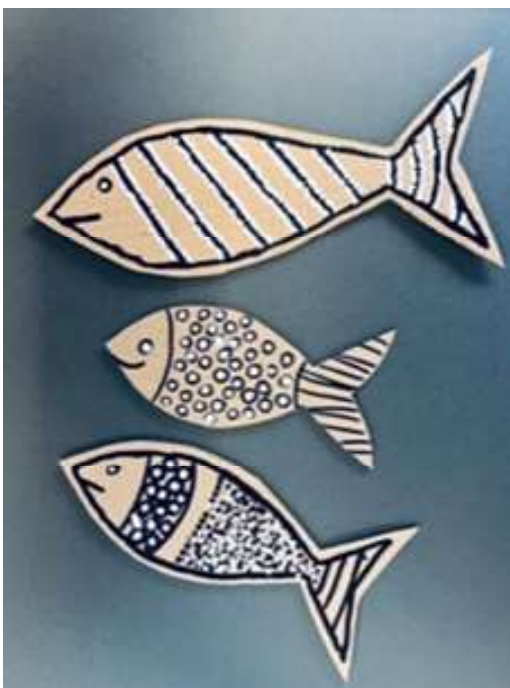


In art KS3 students have been designing fantastic posters to raise awareness about plastic pollution in the ocean. They have learnt about how plastic waste is affecting sea life and humans alike. The posters will be printed and displayed in school. Here are just a few with more to follow!



Families' Health and Wellbeing

# School Nurse

\*Kettlebrook School\*

## drop in

**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

15th May

In the morning

Your School Nurse is here to help you feel healthy, happy and safe during your school years and to get the best from your education. Why not drop in for a chat?

Salma is in school on Monday 15<sup>th</sup> May. You can simply drop and see her or we can arrange an appointment (see Miss Norrington or contact her direct).

# SCHOOL NURSE DROP-IN

VIRTUAL

for Parents/Carers & Young People

**WHEN**  
Every Thursday  
Time: 15.30 - 16.30

including  
School  
Holidays

**WHERE**  
Your mobile phone/device  
& a quiet place to chat

**HOW**  
Scan the QR  
code or type  
the short URL  
into your  
browser:



[mpft.live/schoolnurse](https://mpft.live/schoolnurse)

**ALL AGES  
EVENT**

**ADVANCE  
TICKETS**  
£0 not required

**ON THE DAY**

1. Scan or enter the link into your browser between the advertised times
2. Enter your contact details
3. Wait in the private virtual waiting room (no one else will know you are waiting)
4. Your School Nurse will let you in to the virtual room

**FAQS**

Confidential.  
Chat about anything.  
Secure platform.  
Not recorded.  
No new app needed.



**Exam Season** – we have started exams at Kettlebrook with our first written exams on Tuesday 9 May. Year 11 students will have received their timetables – but please contact us with any questions. Our school is shut for all Key Stage 3 and Year 10 students on Tuesday 9 May for the exams.

## 5 TIPS:

**Get some sleep:** Switch off your phone, have a warm bath or shower, unwind and try and rest.



**Focus on your strengths:** We can all get stuck thinking of the things we find difficult – try and remember there are also things we find easy!

**Find time to do things that make you happy (that are good for**

**you!):** watch your favourite programme, get your nails done...



**Physical activity:** dance, run, go for a walk....

**Talk to someone:** a nice chat with a friend can help when feeling stressed.



# 6 ways to create a revision-friendly environment

Help them organise their study space



- Use do not disturb mode
- No desktop notifications
- Phone out of sight (& sound!)

Help them adjust their tech



Encourage breaks

10-15 mins off every hour helps concentration



Keep talking



Keep the line of communication open. Have regular chats to see how they're doing.

# Wellbeing Weekly

Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

TUESDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

WEDNESDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

THURSDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a handwritten note to someone you care about

25 Ask someone else what matters most to them and why

FRIDAY

5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

SATURDAY

6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

SUNDAY

7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight





# Mr. Hall's Health & Fitness

Lots of people think being healthy is just about eating well and being in shape, but this is only one component of your overall health. There are actual 3 components to health; Physical, Social and Mental. Being healthy also consists of your mental well being, having friends, and staying positive.

