

## G Group at the Climbing Wall

Building trust and friendship through teamwork. Staff were impressed by the encouragement, support and kindness shown. Well done!

*Thank you to Mr Hall and Miss Adams for leading the trip.*



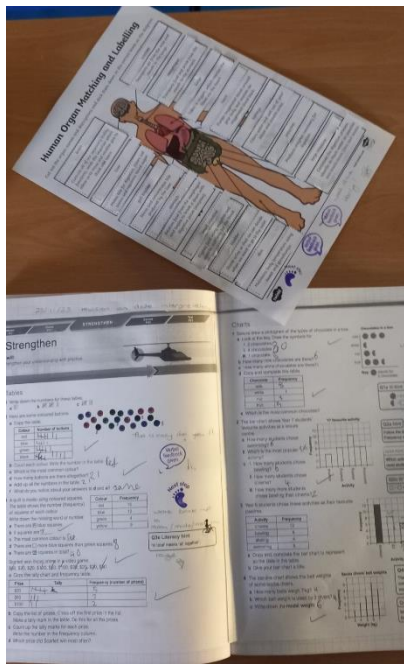
WE ARE HERE  
FOR YOU





Food lessons are so much more than

cooking skills. Students work together to make delicious meals and then enjoy time together. Thanks Mr Round and Mrs Connolly!



Lovely work from Harry at Skills today!

random  
act of kindness

Try at least one of these this week.

- Take time to enjoy autumn colours. Look for at least 4 different shaped leaves.
- Make a card for someone who is kind to you.
- Watch a Christmas movie with a hot chocolate.
- Accept an apology – nurturing a grudge is tiring!
- Make an apology - make up with a friend, you'll feel better for it!





## Are you feeling pressured to carry a knife?

It may seem that lots of people carry, but the truth is that **99% of under 29s don't carry a knife** so it's not normal to take a blade with you when you leave the house.

Rather than protecting you, a knife can put you in more danger as it can be used against you. You also risk a criminal record as carrying a knife is a crime, whether there's intention to use it or not.

**It's safest to Ditch the Blade.** If you need support to go knife free, take a look at our advice below, you're not on your own.

Carrying consequences can include:

- **Being arrested** - police can stop and search someone if they believe a weapon is being carried
- **Prosecution** - regardless of whether you say it was for your own protection or you were carrying it for someone else
- **Prison** - sentences of up to four years are given for possession of a knife OR if you stab someone and they die then a life sentence means 25 years inside
- **A criminal record** – this can stop you getting in to college, university, getting a job or travelling to countries like the USA or Australia
- **Death** - you could get seriously injured or even killed

If you are worried about a friend, being pressured into carrying a knife or are in a situation that you feel uncomfortable with you can get advice from the agencies below. When you contact them you can stay anonymous, which means you don't have to give your name or any information that will identify you. They can give you confidential help and advice:

**Childline 0800 1111** Counsellors are there for young people 24/7. They can help and support with any issue they're going through, no matter how big or small.

**Victim Support 0808 1689 111** There for anyone who has been affected by crime, whether it was reported or not, and no matter how long ago it happened. Victim Support will provide free, confidential support so you can move forward with your life. The [Victim Support website](#) also includes a live chat function.

**Fearless** Fearless is an independent charity that allows people to pass on information about crime 100% anonymously. They provide a route for passing details of crime securely and safely via the [Fearless website](#).

PARENTS AND STUDENTS CAN ALWAYS CONTACT SCHOOL IF YOU WOULD LIKE ANY HELP, ADVICE OR SUPPORT.

**WE ARE HERE FOR YOU.**



**COLLABORATIVE WINGS – All of our students (and some staff) have contributed to these beautiful wings that are to be displayed in Tamworth.**

*Thanks to Mrs Potter*



## Mr. Hall's Health & Fitness

# TOP 5 FITNESS TIPS TO BOOST YOUR HEALTH



**EAT A BALANCED  
DIET**



**CHOOSE AN EXERCISE  
THAT YOU LIKE**



**GET ENOUGH  
REST**

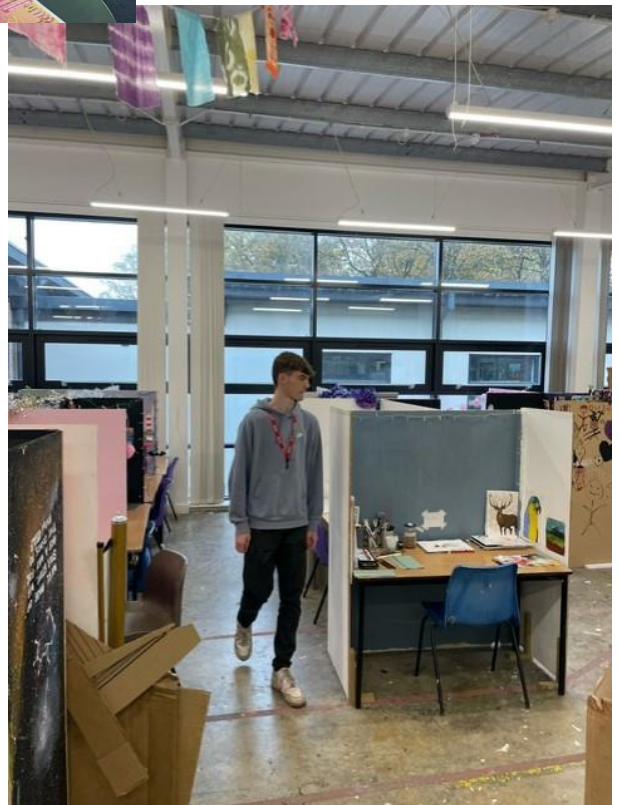


**MEDITATE**



**GO OFF THE GRID**

## Careers Trip to Lichfield College



It is important to find out about different colleges and courses in good time so the applications can go in! Mrs Wright is available to students on Mondays and Wednesdays to help. More trips to follow – thanks to Mr Gabbitas and Mrs Wright for arranging the trip! More trips to come.