

## What do employers want?

Time Management



Communication

Resilience



Can-Do Attitude



Self-Awareness

Honesty



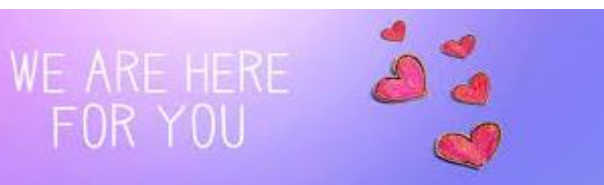
Positivity

Confidence

Teamwork



Problem-Solving



# YEAR 11 PARENTS MEETING

at Kettlebrook 3-4 MONDAY 4 DECEMBER.

- Support preparing for exams
- What to expect in the exams
- Opportunity to see Kelly Wright our Careers' Advisor

**REFRESHMENTS** will be available – Students and parents/carers welcome



Try at least one of these this week.

- Holding a door open.
- Listen to someone without interrupting.
- Not spreading a rumour.
- Sharing with a friend.





## Mr. Hall's Health & Fitness

### DID YOU KNOW?



Just **2 bananas** will provide you with enough energy for an intense 90-minute workout.



Eating **cucumbers** before bed time can help you wake up feeling refreshed and headache-free.



**Apples** are more effective in walking you up in the morning than coffee.



**3 carrots** give you energy to walk 3 miles. They were first grown as a medicine, not food.





Friday 1  
December –  
Behaviour  
Enrichment –  
climbing, crazy  
golf and visiting  
our art  
works in  
Tamworth.



WE ARE HERE  
FOR YOU



I'm a Celebrity Assembly – one of the *trials* undertaken by students involved a lot of jelly!



# Wellbeing Weekly

**K** Kettlebrook  
Christy Star School

## December Kindness 2023

MONDAY



4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!

TUESDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

WEDNESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

THURSDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

FRIDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Say hello to your neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

SATURDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

SUNDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

