



SOUTH STAFFORDSHIRE COLLEGE

NEXT OPEN DAY : SAT 20 JAN

To book your slot go to: - Open days – South Staffordshire College (southstaffs.ac.uk)

South Staffordshire College are also offering taster days in February half term (12th – 16th February). These are special event days arranged across all 4 campuses including:-

Tamworth, Lichfield, Rodbaston, Torc



All of our students should book themselves onto one of these. It can be very hard to know if you are making the right decision for you, and this opportunity will really help.

It is important to have the chance to experience your chosen course before you start:

- You see what the day-to-day experience of college is like.
- You may meet other young people and start to build friendships.
- If you don't enjoy your taster day, it allows us plenty of time to change plans and apply for something different.
- It could save you wasting a whole year of funding if you choose the wrong course and drop out



WE ARE HERE
FOR YOU





We've had some fun this week! Delicious food cooked by Mrs Rogers, Mr Round and Mrs Rathour! An assembly on Wednesday which involved a lot of donuts – the overall winner and undoubted champion was Liam!!



random m

act of kindness

Try at least one of these this week.

- Make time to be kind to yourself.
- Make a card for a friend.
- Appreciate those being kind to you.

“

Pathway didn't happen because I thought about it, or dreamed about it - it happened because I did it. I started taking action. Wonder what your dreams are and what you are doing to make them happen. Positive steps, however small, make dreams come true.

KATHY COE MBE

”

pathway
project

“

COURAGE ISN'T
HAVING THE
STRENGTH TO
GO ON - IT IS
GOING ON WHEN
YOU DON'T
HAVE STRENGTH.

- NAPOLEON BONAPARTE -



THINKING OF YOU



THOSE WITH AN
EMPTY CHAIR



THOSE WHO
ARE ILL



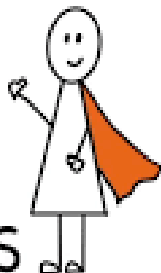
THOSE NOT WHERE
THEY WANT TO BE



THOSE
STRUGGLING



THOSE MISSING
FRIENDS / FAMILY



AT CHRISTMAS

“Home isn't always
a place is it?”





Mr. Hall's Health & Fitness

6 SIMPLE FITNESS TIPS YOU SHOULD FOLLOW DAILY



**WAKE UP AND
DRINK WATER**



**WORKOUT
IN THE MORNING**



**FIND A FIT
FRIEND**



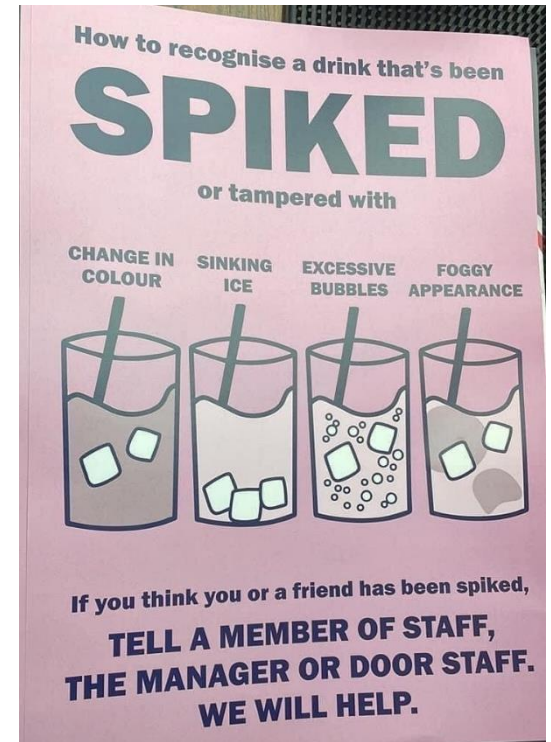
**WALK WHERE
YOU CAN**



**EAT THE RIGHT FOODS
AND PORTION EACH MEAL**



**GET TO BED
ON TIME**



We hope we all can stay healthy and safe over the holidays.

Reminder: **Year 11 exam on Monday 8 Jan.** School starts for everyone else on Monday at **12.30.**

WE ARE HERE
FOR YOU



Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1 Find three things to look forward to this year</p>	<p>2 Make time today to do something kind for yourself</p>	<p>3 Do a kind act for someone else to help brighten their day</p>	<p>4 Write a list of things you feel grateful for and why</p>	<p>5 Look for the good in others and notice their strengths</p>	<p>6 Take five minutes to sit still and just breathe</p>	
<p>7 Learn something new and share it with others</p>	<p>8 Say positive things to the people you meet today</p>	<p>9 Get moving. Do something active (ideally outdoors)</p>	<p>10 Thank someone you're grateful to and tell them why</p>	<p>11 Switch off all your tech at least an hour before bedtime</p>	<p>12 Connect with someone near you - share a smile or chat</p>	<p>13 Take a different route today and see what you notice</p>
<p>14 Eat healthy food which really nourishes you today</p>	<p>15 Get outside and notice five things that are beautiful</p>	<p>16 Contribute positively to your local community</p>	<p>17 Be gentle with yourself when you make mistakes</p>	<p>18 Get back in contact with an old friend</p>	<p>19 Focus on what's good, even if today feels tough</p>	<p>20 Go to bed in good time and allow yourself to recharge</p>
<p>21 Try out something new to get out of your comfort zone</p>	<p>22 Plan something fun and invite others to join you</p>	<p>23 Put away digital devices and focus on being in the moment</p>	<p>24 Take a small step towards an important goal</p>	<p>25 Decide to lift people up rather than put them down</p>	<p>26 Choose one of your strengths and find a way to use it today</p>	<p>27 Challenge your negative thoughts and look for the upside</p>
 <p>28 Ask other people about things they've enjoyed recently</p>	<p>29 Say hello to a neighbour and get to know them better</p>	<p>30 See how many people you can smile at today</p>	<p>31 Write down your hopes or plans for the future</p>			

ACTION FOR HAPPINESS

Happier · Kinder · Together