Wellbeing Weekly





BOOK YOUR OPEN DAY SPACE AT

<u>Open days – South Staffordshire College (southstaffs.ac.uk)</u>

The next open day is on Saturday 20 January. There is a big range of courses that you can consider at the different venues:- Rodbaston, TORC, Lichfield College and Tamworth College.

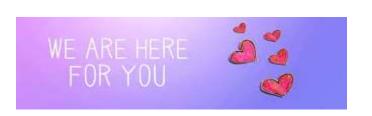
Start finding out not just what you want to do after you leave Kettlebrook, but also the courses you don't want to do!



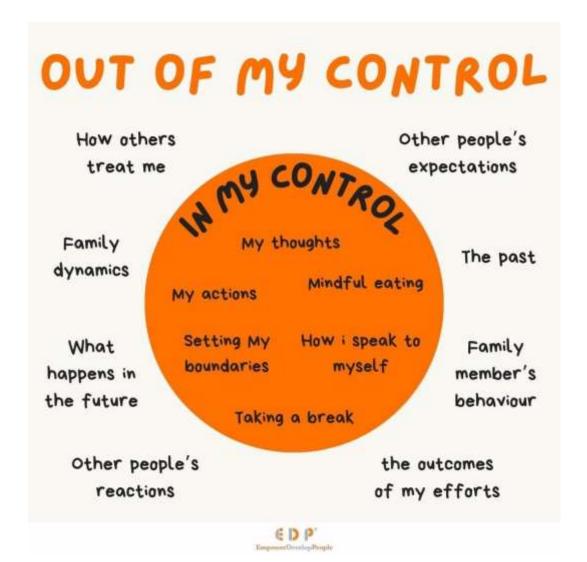
South Staffordshire College are also offering taster days in February half term $(12^{th}-16^{th}$ February). These are special event days arranged across the 4 campuses :

Tamworth, Lichfield, Rodbaston, Torc

Mrs Wright (Careers) is available to speak to students on Mondays and Wednesdays – please ask any member of staff if you need support with this.....



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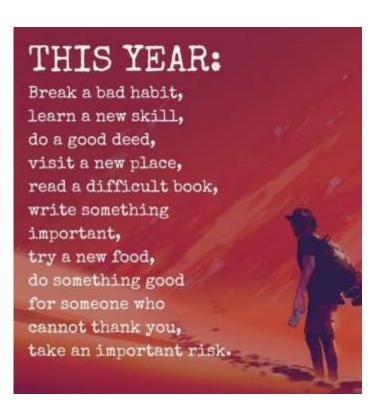


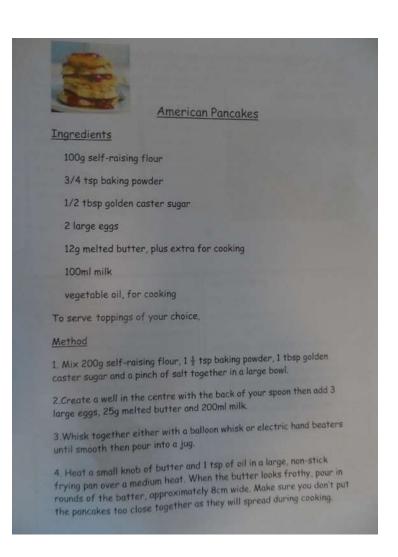
Help with the shopping.

Try and write down your thoughts.

Smile and say hello when you get home.

Look in the mirror and say 3 positive things about yourself.







Well done Kenan – the first to complete his BTEC Food Qualification – thank you Mrs Barker.





Science lesson —the consistency of play dough and how it is made! What happens when water is added?

ENRICHMENT ACTIVITIES - FRIDAY 12 JAN

Hair and beauty – beautiful nails and hair, thank you Mrs L-J and Ms Smith.



More climbing wall fun, thanks Mr G for arranging.



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Mr. Hall's Health & Fitness

6 SIMPLE FITNESS TIPS YOU SHOULD FOLLOW DAILY





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