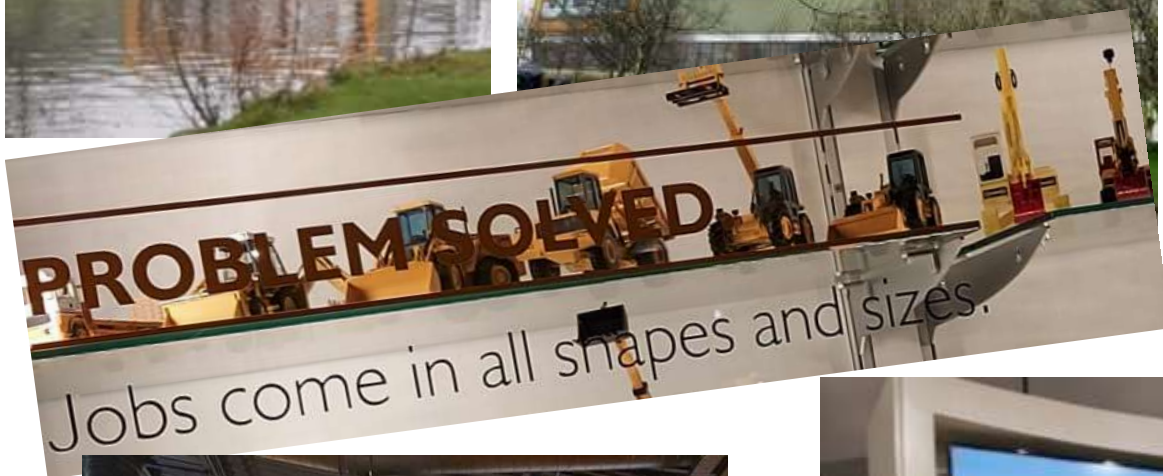


## MAKE A PLAN FOR YOUR FUTURE



JCB VISIT HL/FLJ  
JANUARY 24



WE ARE HERE  
FOR YOU







On Thursday, Mrs Lawton and Mrs LJ went for a teacher visit to JCB World Headquarters near Uttoxeter. We had a VIP tour around the offices, museum and factory floor which was very exciting. We then found out about apprenticeships that are available for young people in **Welding, Production, Marketing, Finance and Sales**. We also talked to some lovely young people who are working there on apprenticeships at the


moment. We did a lot of walking and got some ideas for lessons which JCB will be involved with for our students.





Beautiful artwork being completed for Art qualifications.





HONESTY IS THE  
MOST SINGLE MOST  
IMPORTANT FACTOR  
HAVING A DIRECT  
BEARING ON THE  
FINAL SUCCESS OF  
AN INDIVIDUAL,  
CORPORATION, OR  
PRODUCT.

Ed McMahon



random  
act of kindness

Try at least one of these this week.

- Take time to notice spring flowers emerging – snowdrops and crocuses.
- Rest and watch a movie.
- Accept an apology – nurturing a grudge is tiring!
- Make an apology - make up with a friend, you'll feel better for it!
- Help with some chores at home.



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.**

Two groups are working together with Natalie, a visiting teacher, to help develop resources to support learning in this area. Students at Kettlebrook hope to be part of the change towards safer streets.

**It's safest to Ditch the Blade.** If you need support to go knife free, you're not on your own.

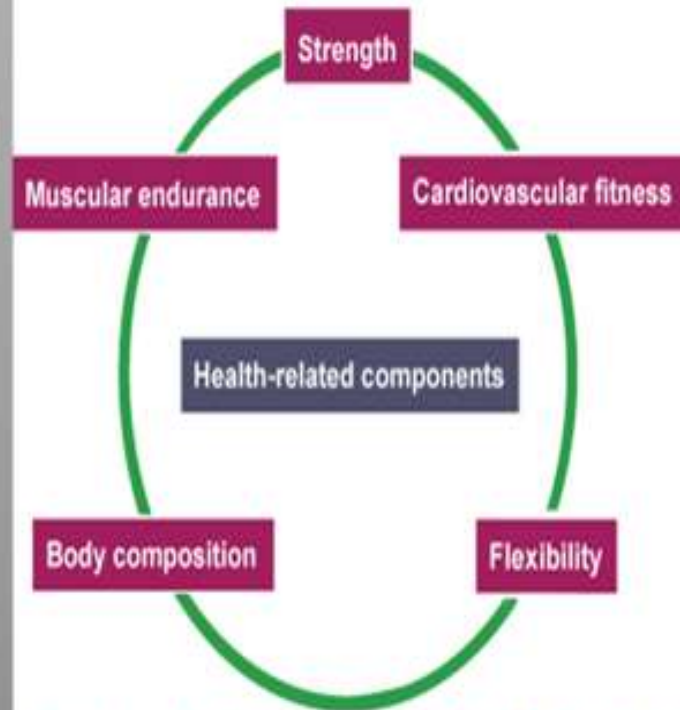
**Fearless** Fearless is an independent charity that allows people to pass on information about crime 100% anonymously. They provide a route for passing details of crime securely and safely via the [Fearless website](#).

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



## Mr Hall's Health & Fitness

Fitness can be broken down into different health-related components which form our overall health status. We will look at each one of these over the coming weeks.



### BODY COMPOSITION

#### Definition:

-The percentage of body weight which is fat, muscle and bones.

#### Sporting Example:

-The gymnast has a lean body composition to allow them to propel themselves through the air when performing on the asymmetrical bars.

#### Benefits of improving body composition

- Decreased risk of type 2 diabetes, hypertension and heart disease.
- A more and toned body.

Living a healthy, active lifestyle helps to increase your muscle mass and reduce your body fat percentage. How active will you be this week?



WE ARE HERE  
FOR YOU

