

Where to next? Mrs Kelly Wright, our Career Advisor is at school every Monday and Wednesday. She will support your student with college applications and any post-16 options (Further Education, sixth form, employment and apprenticeships). She will be



arranging visits to local colleges to help students make important decisions about their future.



Please encourage your child to start thinking about what they want to do after they leave

Kettlebrook. Excellent attendance and conduct will help your child achieve more qualifications – and more qualifications give more choices and opportunities.



If you would like to get in touch direct, please contact Kelly at:

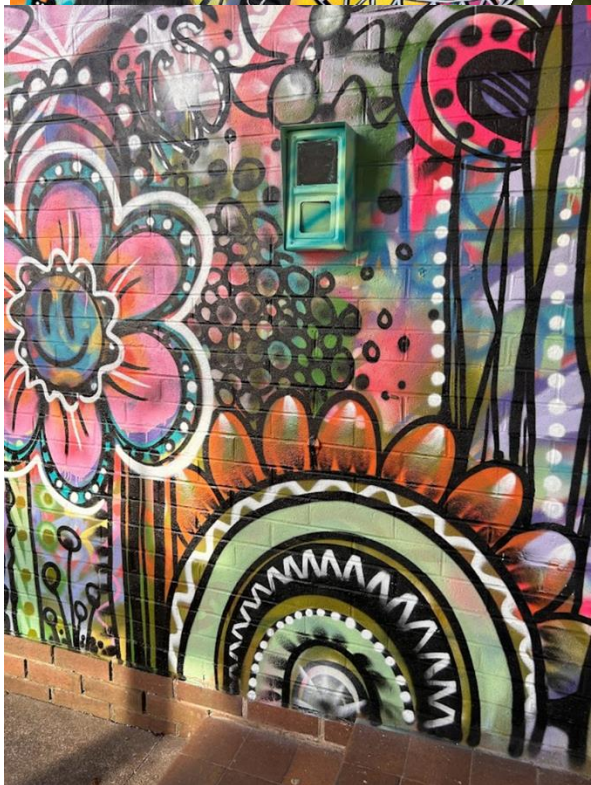
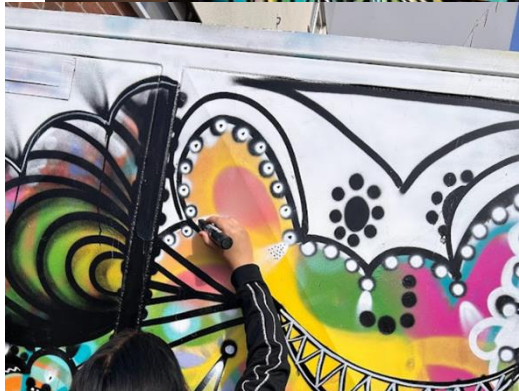
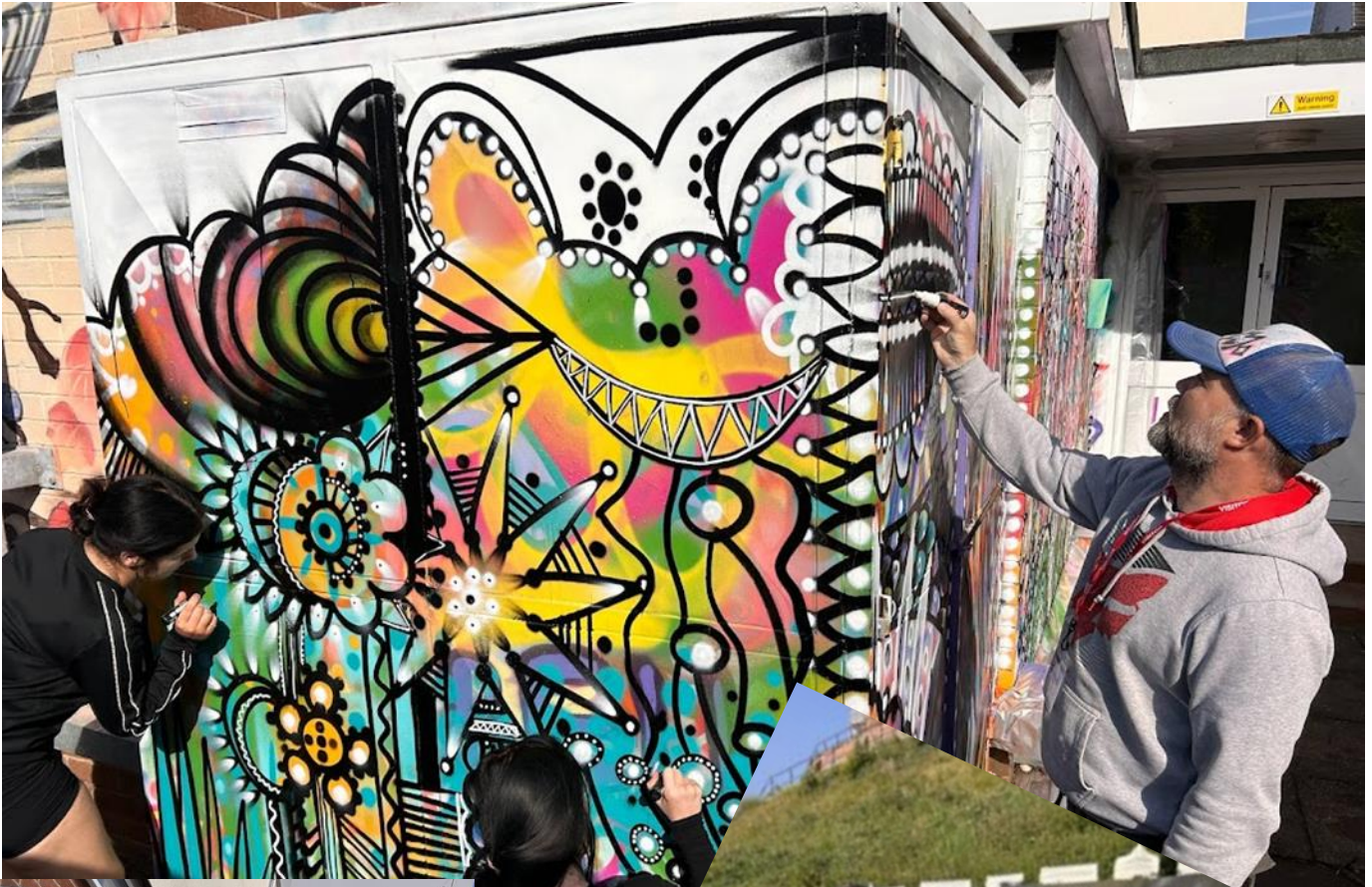
Kelly.wright@kettlebrook.staffs.sch.uk

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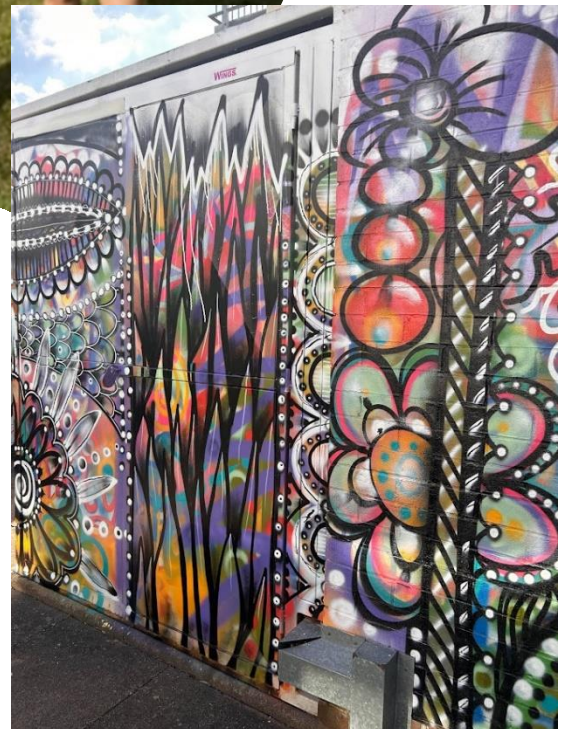
Kettlebrook Short Stay School,
Tel : 01827312840
office@kettlebrook.staffs.sch.uk

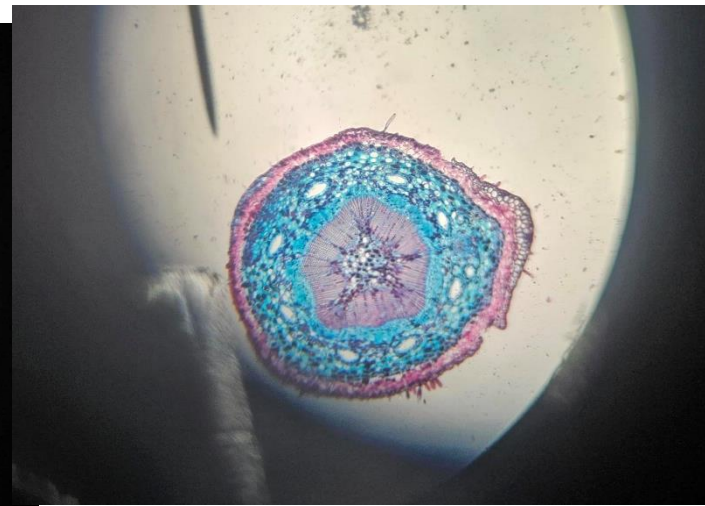
WE ARE HERE
FOR YOU





Our wonderful
new graffiti wall.
Thanks to
everyone
involved.





Photos through the lens of a microscope in Science, by Jayden.

Hi,

For those who don't know me I'm Sarah the counsellor who comes into KSSS every Tuesday morning.

You may ask what is counselling and how can it help?

Counselling sessions give you the opportunity to share your thoughts and feelings around things you may be struggling with that create feelings of sadness, anxiety, anger and stress to mention just a few. The sessions are confidential so nothing is shared with anybody else unless there are serious concerns for a student's safety.

I will help you explore your thoughts, feelings and behaviours, helping you to develop a better understanding of yourself and others. I am not going to judge you or tell you what to do. I will help you find your own solutions, whether that is making changes in your life or finding ways of coping with your problems, sometimes just sharing your problems helps you to feel better.

If you want to come and see me just ask a member of staff and they will let me know, some people come regularly or some just when they feel they need to, it is always your choice nobody will ever make you come.



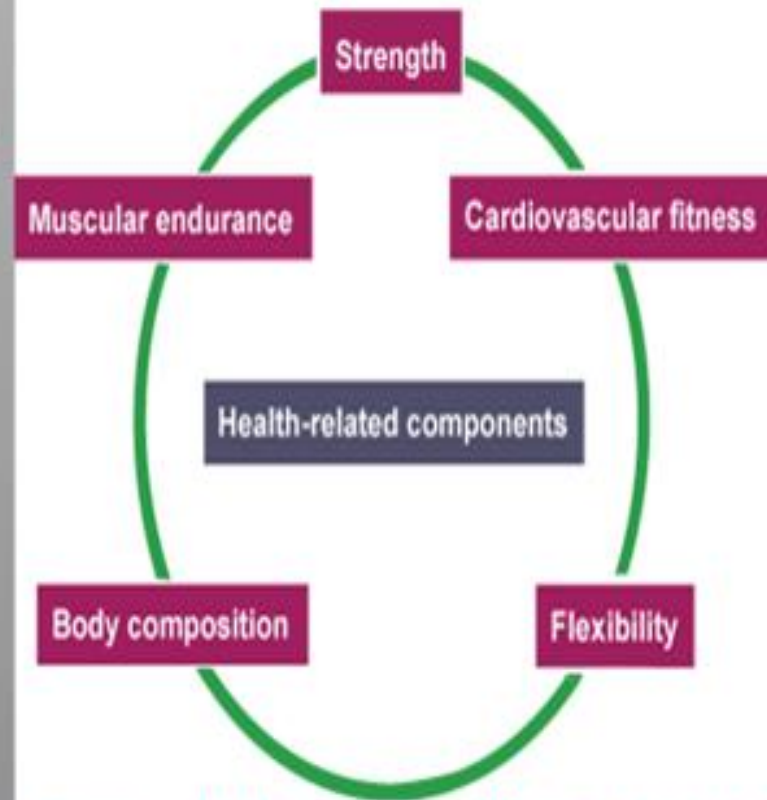
Try at least one of these this week:

- Make someone a cup of tea.
- Hold a door open for someone.
- Help with tidying up.
- Pick up some litter.
- Remember to say please and thank you.

random
act of kindness

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?

