Wellbeing Weekly



Science

In KS3 we have been learning about the different bones and joints in our bodies, and locating our organs as well as discovering their functions.





Try at least one of these this week.

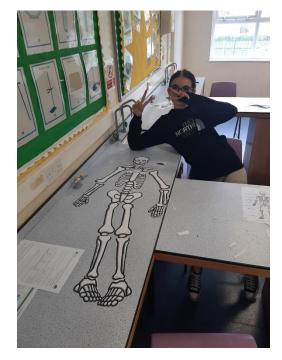
- Write a list of five things you want to get done – and then do them!
- Watch the sunset.
- Compliment a classmate.

In KS4 have been learning about organ systems, with a focus on the digestive

system.

In reward time we made slime in science using different trial and error recipes!







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Morgan showed great knife skills – and students worked hard and left the kitchen sparkling!



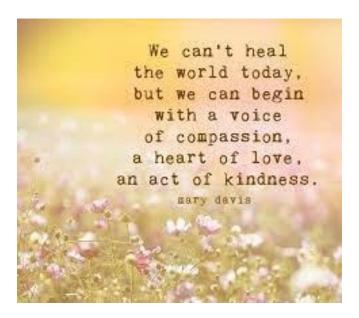
Happy cheffing!!

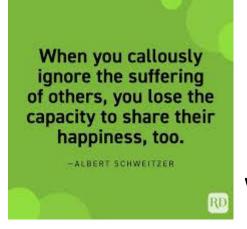




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We will be encouraging compassion this month.



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Mr. Hall's Health & Fitness

WINNING WAYS TO WELLBEING



TALK & LISTEN, Your BE THERE, Your FEEL CONNECTED YOU



Your time, your words, your presence



REMEMBER THE SIMPLE THINGS THAT GIVE YOU IOY



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES SURPRISE YOURSELI



DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.