

The poppy is a symbol of Remembrance and hope, including hope for a positive future and peaceful world.

They are a show of support for the Armed Forces community, those currently serving, ex-serving personnel and their families; and a symbol of Remembrance for all those who have fallen in conflict.

Poppies are flowers that often do not need lots of help to grow. They grew easily even in the fields of France during the First World War (1914-1918).



John McCrae wrote the poem *In Flanders Fields* which inspired the use of the poppy as a symbol of Remembrance.

In the spring of 1915, shortly after losing a friend in Ypres (which was a famous battle ground of World War 1), a Canadian doctor, Lieutenant Colonel John McCrae wrote his now famous poem after seeing poppies growing in battle-scarred fields.

In Flanders Fields

The poem by John McCrae

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.
Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.

WE ARE HERE
FOR YOU





To promote men's mental health along with testicular and prostate cancer awareness we are participating in Movember!

Movember promotes awareness of men's health. It is important that we all care for our health. In PSHE we learn about the different places we can get help and advice, including: -

NHS online, pharmacy, doctor's surgery, 111. We also have a school nurse and counsellor who visit regularly.



Try at least one of these this week.

- Pay someone a compliment.
- Check in on someone to see if they are OK.
- Hold a door open for someone.
- Take time to look at the trees and the beautiful autumn leaves, and breath.

SOME TIPS FOR SAFE SOCIAL MEDIA USE BY YEAR 10

Don't give out any personal information (address, phone number etc).

If you don't like something, keep scrolling, no need for negative comments – they just cause drama.

Don't add people you don't know.

NEVER EVER send nudes. Remember – if you share nudes then you may be breaking the law.

Block people who are rude to you.

Remember what ever goes on in a 'boys' group chat' can be unencrypted.

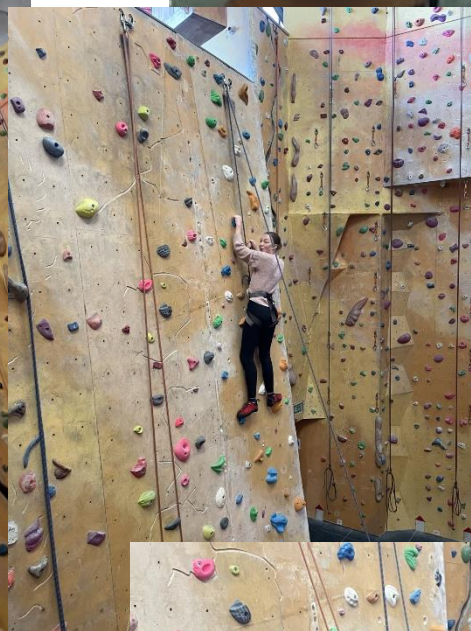
Don't arrange to meet anyone you know only online.

Remember that most people only put the 'good bits' about their lives.





Friday Assemblies. An opportunity to meet and share information and ideas. Students gave suggestions of possible reward trips as well as asked three staff (Mrs Mansell, Mrs Potter and Mr McDermott) about their roles at Kettlebrook.



Well done to Dan, Jenson, Liam, Morgan, Ollie and Owais – chosen to go climbing. And thank you to Mr Gabbitass and Mr McDermott for arranging the trip.





Mr. Hall's Health & Fitness

S A V E R S

The "SAVERS" Morning Routine

Over the next 6 weeks I will be building up a 6-part morning routine. Each week I will explain a new activity that you can add to the morning routine. Do each one for 5 mins each day. It will mean waking up 5 minutes earlier every week.

This week we are looking at "Affirmations"

Affirmations are positive deliberate thoughts you say to yourself or say out loud or read to yourself.

For example, they could be words such as

"I am happy and healthy and ready for the day to bring me more of life's goodness".

Or

"I'm so happy that I have enough money for my needs today and every day".

By starting the day with **purpose positive messages**, we know the first things we hear are good thoughts to encourage more of the same throughout the day when we need it most.

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Wellbeing Weekly

 **Kettlebrook**
Short Stay School

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