

Reading

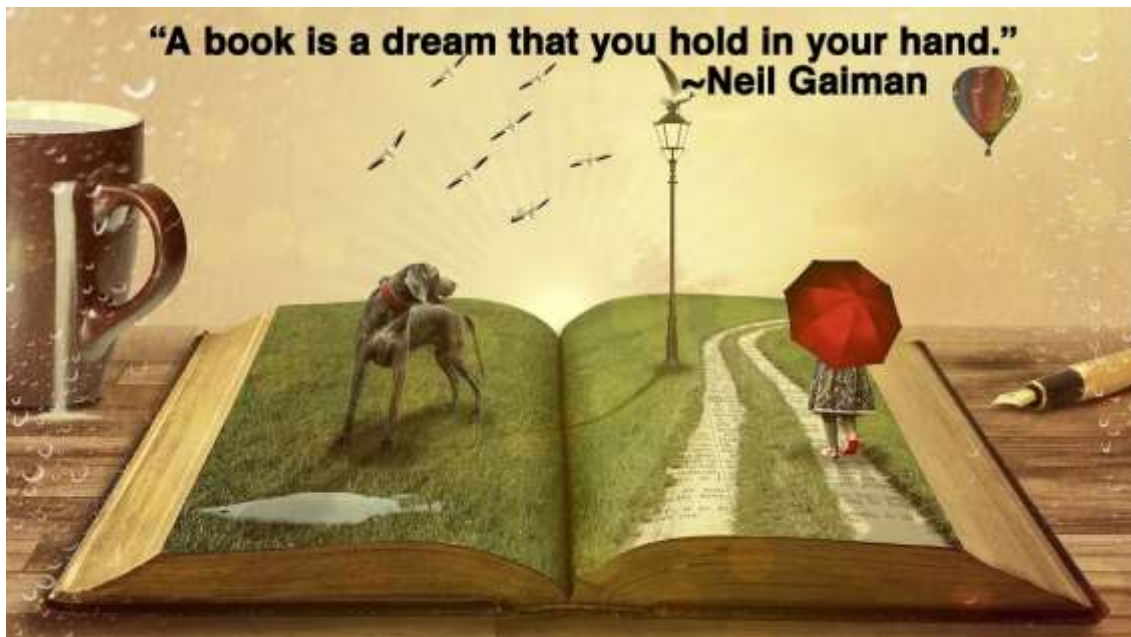
Natalie (PSHE Coordinator for Staffordshire) has been working with year 9s and 10s to design resources about knife crime. She also brought in some books for our students and we have been enjoying reading the different stories. *Some reviews written by year 10 students who have read them all:-*



I thought the County Lines one, Rick's Story, was really interesting because it was very similar to somebody I know.

I also liked Freya's Story because I feel her pain, when you don't like somebody and they're forcing it. It becomes uncomfortable.

'County Lines' and the bus one were good. I like watching documentaries about county lines. The book, Rick's story, describes how he's given a game and in return he is given a parcel to hold. After this, if he doesn't do what he is told he is beaten up. It reminded me of *Alfie's Story* which we watched in PSHE.



WE ARE HERE
FOR YOU



2023-24 Issue 7, 20 October 2023
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HERE'S TO
Strong Women.
MAY WE KNOW THEM.
MAY WE BE THEM.
MAY WE RAISE THEM.
#ElevateYourself

Friday 8 March is International Women's Day. It is a chance to support moves towards a world free of bias, stereotypes and discrimination. A world that is diverse, equitable and inclusive.

At Kettlebrook we encourage positive behaviour to all of our community and challenge any behaviour that can be considered discriminatory.

random
act of kindness

Try at least one of these this week.

- Notice three things you find beautiful in the outside world.
- Find ways to enjoy any tasks that you do.
- Tidy your stuff away at the end of class.
- Spend less time in front of screens.
- Tune into your feelings without trying to change them.

On Sunday 10 March is Mother's Day. This can be a tough day for those who are unable to be with their mother for whatever reason. If anyone is finding this day difficult, please let us know so we can offer support. However, Mother's Day can also be a day to celebrate and thank the women who continue to support us.



Wellbeing Weekly

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

WE ARE HERE FOR YOU





Mr. Hall's Health & Fitness

TIPS FOR MAINTAINING AN EXERCISE ROUTINE

- ▶ **START SLOWLY AND GRADUALLY BUILD YOUR FITNESS**
- ▶ **EAT FOR ENERGY**
- ▶ **KEEP A WRITTEN LOG OF YOUR EXERCISE SCHEDULE AND SET GOALS**
- ▶ **EXERCISE AT THE SAME TIME EACH DAY**
- ▶ **VARY YOUR ROUTE IF YOU WALK OR RUN**
- ▶ **WARM UP, WORK OUT, AND COOL DOWN WITH EACH EXERCISE SESSION**
- ▶ **INCLUDE MUSIC IN YOUR ROUTINE**

