

On International Womens' Day we celebrate and thank the phenomenal women in our lives.

PHENOMENAL WOMAN

Pretty women wonder where my
secret lies.
I'm not cute or built to suit a fashion
model's size
But when I start to tell them,
They think I'm telling lies.
I say,
It's in the reach of my arms
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.
I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.



WRITTEN BY
MAYA ANGELOU

Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.
When I try to show them
They say they still can't see.
I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.
When you see me passing
It ought to make you proud.
I say,
It's in the click of my heels,
The bend of my hair,
The palm of my hand,
The need of my care,
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

WE ARE HERE
FOR YOU



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In PSHE students learn healthy strategies to manage emotions.

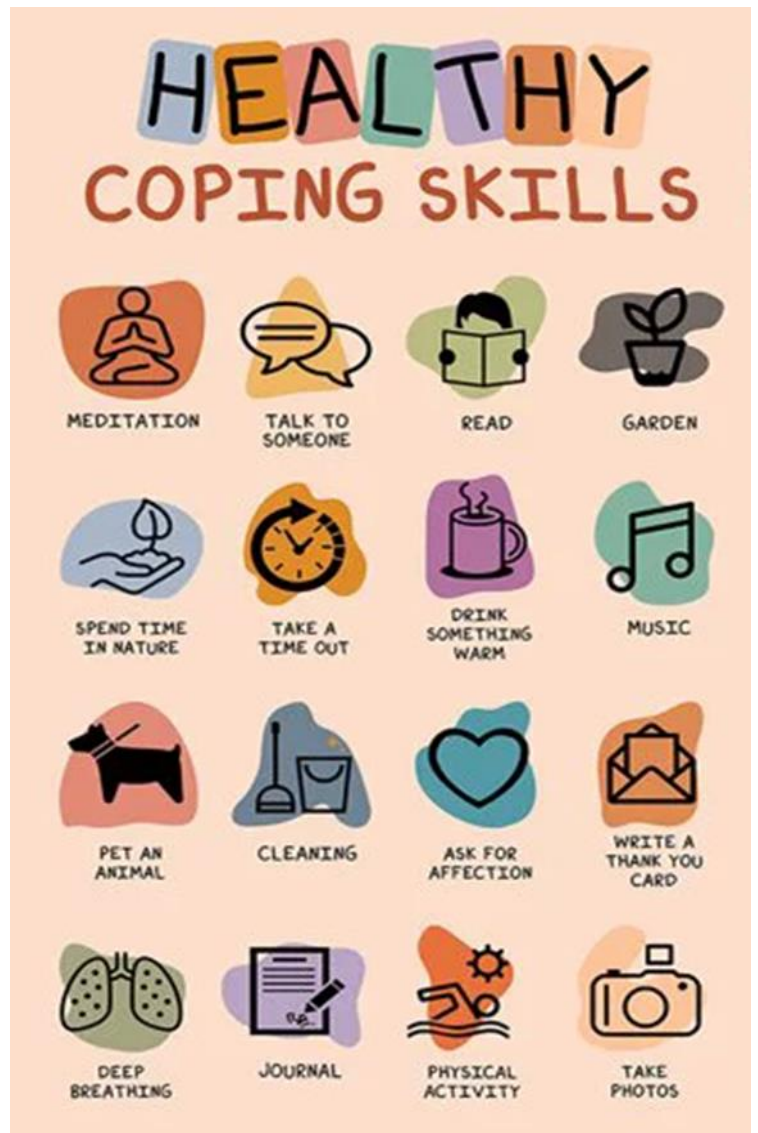
It is also important to understand more about self-harm. The leaflet sent out this week has been written to support and inform staff, students and parents with this difficult subject. It includes information about;

What is self-harm?

Who self-harms?

How we can respond and support

Useful organisations.



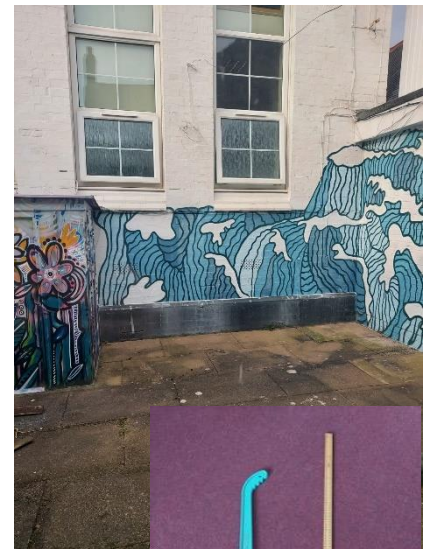
Calming STRATEGIES



PEACE
IS NOT THE ABSENCE
OF CONFLICT BUT
THE ABILITY TO
COPE WITH IT.

Please contact the school if you would like further advice, support or help.

As part of Maths this week, a group of students have used the measuring equipment (a trundle wheel and meter stick) to calculate the area of the MUGA for some new astroturf and the Quad area to see if we can fit a large planter in there. Well done!



Our Y11 students are having success with exams already! **Brandon, Hayden, Megan** and **Ruby** have all passed their Entry Level 3 Functional Skills exam in Maths!



Forest School – another enjoyable trip Friday 8 March

random
act of kindness

- Feed the birds.
- Put some litter in the bin.
- Make a card for your mother or someone who is kind to you.
- Say thank you to someone who helps you.



Mr. Hall's Health & Fitness

7 TIPS TO **AVOID INJURIES** WHILE EXERCISING

- ▶ VISIT A **PERSONAL TRAINER** OR GET A COACH
- ▶ CHOOSE YOUR WORKOUT **CAREFULLY**
- ▶ LEARN THE PROPER **TECHNIQUE**
- ▶ WEAR PROPER WORKOUT **ATTIRE**
- ▶ **WARM UP**
- ▶ EAT A BALANCED **DIET** AND **HYDRATE**
- ▶ LISTEN TO YOUR BODY WITH **REST AND RECOVERY**



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FOR YOU

