



G group had a lovely day at Forest Schools today.



WE ARE HERE
FOR YOU



2023-24 Issue 24, 15 March 2024
Kettlebrook Short Stay School,
Tel : 01827312840
office@kettlebrook.staffs.sch.uk



Well done Millie for completing a fantastic work experience. Tasks included banking – logging cheques onto the system and videoing the cars as they came in for servicing – checking for any previous damage. Thank you to all involved.

random
act of kindness

Try at least one of these this week.

- Make a cup of tea for someone.
- Respond kindly to someone.
- Ask how someone is and listen for the answer.
- Look in the mirror and say 3 positive things about yourself.
- Tidy your room.





Students in year 10 have been learning about **ADDICTION** in PSHE.

Addiction is the dependence on a particular substance or activity.

It is a chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences.

CAUSES As the definition suggests, addiction is caused by a mix of brain circuits, genetics, the environment and life experiences.

SYMPTOMS include:-

- Anxiousness.
- Inattentiveness.
- Lack of motivation.
- Irritability or angry outbursts.
- Changes in personality or attitude.
- Emotional and mental withdrawing from people.
- Sudden mood swings.
- Unexplained paranoia.



The four 'C's of addiction

Compulsion – irresistible urge for the substance or behaviour

Cravings – cravings that mimic physical needs like hunger or thirst

Consequences – negative consequences to your life

Control – the person has lost control of the use of that substance or behaviour.

SUPPORT – There are a number of agencies that can support with addiction. We can signpost anyone who would like to find out more.

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice



Mr. Hall's Health & Fitness

BENEFITS OF A MORNING RITUAL



BUILDS
HEALTHY
HABITS



ESTABLISHES
A POSITIVE
OUTLOOK



ALLOWS FOR
MORE EFFICIENT
PRODUCTIVITY



LOWERS
STRESS
LEVELS



STRENGTHENS
RELATIONSHIPS



BOOSTS
ENERGY



REDUCES
FORGETFULNESS



ALLOWS FOR
MORE FLEXIBILITY



CONFIDENCE—BOOSTER



SENSE OF
CONTROL

 @BCBSMICHIGAN

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Wellbeing Weekly

 **Kettlebrook**
Short Stay School

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2023-24 Issue 7, 20 October 2023
Kettlebrook Short Stay School,
Tel : 01827312840
office@kettlebrook.staffs.sch.uk