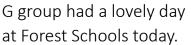
# Wellbeing Weekly















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







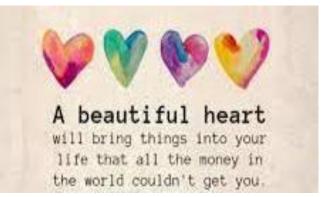
Well done Millie for completing a fantastic work experience.
Tasks included banking — logging cheques onto the system and videoing the cars as they came in for servicing — checking for any previous damage. Thank you to all involved.



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.

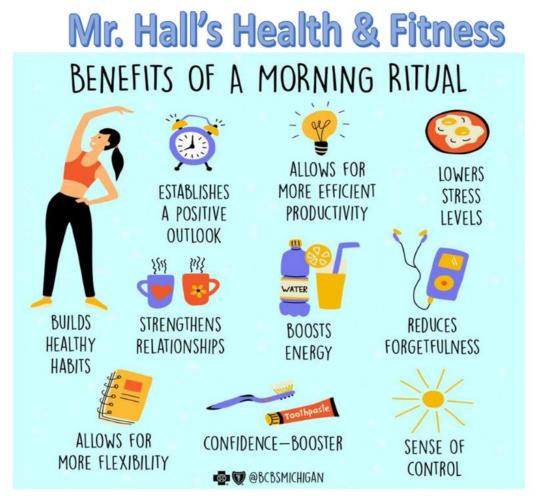




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