

Muslims fast during **Ramadan** as it is one of the Five Pillars of Islam.

Fasting is recommended for several reasons. Some of these reasons include:

1. **Purifying** the soul of negative thoughts and habits such as jealousy, envy, hatred, selfishness etc.
2. Practicing **self-discipline**.
3. **Empathising** with the less fortunate.
4. **Strengthening** one's **faith**.



There are also so many additional benefits to fasting in terms of **physical health**. According to scientific research fasting can help you lose weight and visceral fat, lowers your risk of type 2 diabetes, reduce inflammation, improve heart health, cell repair, may prevent cancer and Alzheimer's disease.

Also, during **Ramadan** Muslims try to donate as much money as they can to **charity**. This is because of another pillar of Islam (like fasting) called "**Zakat**" (charity). The recommended amount to donate each year during Ramadan is 2.5% of your wealth. Muslims make this donation so that they can help the less fortunate.

According to Give Brite UK Muslims donated 150 Million pounds to charity during Ramadan in 2023. The average Muslim UK household donated £2000+. Internationally, Muslims donated a staggering 1.4billion pounds.



Christians fast during **Lent**. This is a period of 40 days leading up to Easter Sunday. Some Christians simply give up goodies like chocolate or alcohol. For many Christians Lent is a time of **prayer** and **fasting**; Orthodox Christians do not eat meat or dairy produce. It is to remember the period leading up to Jesus arriving at Jerusalem (Palm Sunday – this year 24 March) and to him being convicted and being sentenced to death by crucifixion on Good Friday. Easter Treats are enjoyed from Easter Sunday.

Mr Arif and Miss Norrington

2023-24 Issue 25, 22 March 2024
Kettlebrook Short Stay School,
Tel : 01827312840
office@kettlebrook.staffs.sch.uk

WE ARE HERE
FOR YOU





Wishing our lovely Chelsey Adams the very best during her Maternity leave. We will all miss her terribly and are looking forward to hearing the patter of little feet soon!

Our Easter celebration at Kettlebrook were fantastic thanks to the generous support of Morrisons and Tesco.

Miss Brookes and I arranged, coordinated and collected 16 Easter eggs and 56 cream eggs.

We were thrilled to be able to provide all the students here at Kettlebrook with a wonderful Easter treat, and it was heart-warming to see the smiles on their faces when they received them. The eggs were distributed to all the students just before the holidays, setting their break to a great start. Thank you to everyone who participated in the Easter quiz for a chance to win an Easter egg.

A big THANK YOU to Morrisons and Tesco for their generosity and Miss Brookes for helping me making this possible.



Nicole Bayley

random
act of kindness

Try at least one of these this week.

- Share your chocolate with a friend.
- Notice the Spring flowers.
- Go for a walk in the park.



Wellbeing Weekly

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
Commit to being more active this month, starting today

2
Spend as much time as possible outdoors today

3
Listen to your body and be grateful for what it can do

4
Eat healthy and natural food today and drink lots of water

5
Turn a regular activity into a playful game today

6
Do a body-scan meditation and really notice how your body feels

7
Get natural light early in the day. Dim the lights in the evening

8
Give your body a boost by laughing or making someone laugh

9
Turn your housework or chores into a fun form of exercise

10
Have a day with less screen time and more movement

11
Set yourself an exercise goal or sign up to an activity challenge

12
Move as much as possible, even if you're stuck inside

13
Make sleep a priority and go to bed in good time

14
Relax your body & mind with yoga, tai chi or meditation

15
Get active by singing today (even if you think you can't sing!)

16
Go exploring around your local area and notice new things

17
Be active outside. Plant some seeds and encourage growth

18
Try out a new exercise, activity or dance class

19
Spend less time sitting today. Get up and move more often

20
Focus on 'eating a rainbow' of multi-coloured vegetables today

21
Regularly pause to stretch and breathe during the day

22
Enjoy moving to your favourite music. Really go for it

23
Go out and do an errand for a loved one or neighbour

24
Get active in nature. Feed the birds or go wildlife-spotting

25
Have a 'no screens' night and take time to recharge yourself

26
Take an extra break in your day and walk outside for 15 minutes

27
Find a fun exercise to do while waiting for the kettle to boil

28
Meet a friend outside for a walk and a chat

29
Become an activist for a cause you really believe in

30
Make time to run, swim, dance, cycle or stretch today

APRIL WELLBEING

WE ARE HERE FOR YOU



Mr. Hall's Health & Fitness



Reset Stretch

DAREBEE WORKOUT © darebee.com
20 seconds each exercise.



chest squeeze



tricep stretch



wrist stretch



back arch



tricep stretch (both arms)



overhead shoulder stretch

WE ARE HERE
FOR YOU



Wellbeing Weekly

 **Kettlebrook**
Short Stay School

WE ARE HERE
FOR YOU



2023-24 Issue 25, 22 March 2024
Kettlebrook Short Stay School,
Tel : 01827312840
office@kettlebrook.staffs.sch.uk