

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:

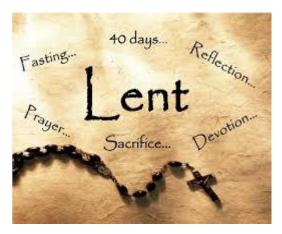
- 1. **Purifying** the soul of negative thoughts and habits such as jealousy, envy, hatred, selfishness etc.
- 2. Practicing self-discipline.
- 3. **Empathising** with the less fortunate.
- 4. Strengthening one's faith.



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.

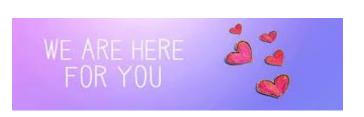
According to Give Brite UK Muslims donated 150 Million pounds to charity during Ramadan in 2023. The average Muslim UK household donated £2000+. Internationally, Muslims donated a staggering 1.4billion pounds.



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

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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 heartwarming 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.

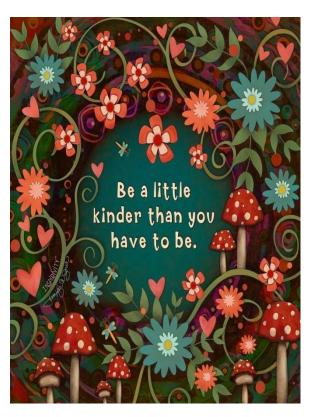


Nicole Bayley



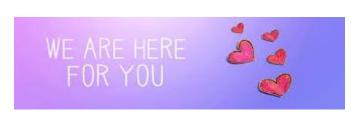
Try at least one of these this week.

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





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels
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	Turn your housework or chores into a fun form of exercise	Have a day with less screen time and more movement	Set yourself an exercise goal or sign up to an activity challenge	Move as much as possible, even if you're stuck inside	Make sleep a priority and go to bed in good time
14 Relax your body & mind with yoga, tai chi or meditation	Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	Spend less time sitting today. Get up and move more often	Focus on 'eating a rainbow' of multi-coloured vegetables today
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	Have a 'no screens' night and take time to recharge yourself	Take an extra break in your day and walk outside for 15 minutes	Find a fun exercise to do while waiting for the kettle to boil
28 Meet a friend outside for a walk and a chat	Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today		APRIL WE	LLBEING	



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Mr. Hall's Health & Fitness





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