

CHARACTERISTICS EMPLOYERS WANT

We are encouraging students to build these characteristics.



CAN DO ATTITUDE

A can-do attitude is a positive mindset that helps you achieve anything you want to.

FOLLOWING INSTRUCTIONS

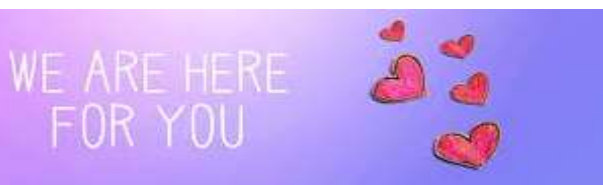
Following instructions is an important ability to practice in everyday life. Within an academic setting, following instructions can influence grades and in the work place it is always really important – for health and safety reasons too.



**READ AND FOLLOW
INSTRUCTIONS**

PROBLEM SOLVING

Problem solving is the act of defining a problem; determining the cause of the problem; identifying, prioritising, and selecting alternatives for a solution; and implementing a solution



TEAM WORK

Good teamwork means a group where each person is committed and working towards a shared goal.



Teamwork maximises the individual strengths of the team members to bring out their best. We work as a team at **Kettlebrook**.

COMMUNICATION

Communication is a two-way means of communicating information in the form of thoughts, opinions, and ideas between two or more individuals with the purpose of building an understanding.



HONESTY

Honesty is more than speaking and acting truthfully. It means you show respect towards others by having integrity and self-awareness.

RESILIENCE

Resilience is the process of successfully adapting and adjusting to difficult or challenging life experiences, especially through mental and emotional flexibility.



TIME MANAGEMENT

Time management is the process of organizing and planning how to divide your time between different activities. Get it right, and you'll end up working smarter, not harder, to get more done in less time – even when time is tight and pressures are high.



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CONFIDENCE

Confidence means feeling sure of yourself and your abilities – not in arrogant way, but in a realistic, secure way.

POSITIVITY Positivity means being optimistic when looking for solutions and expecting good results and success. It also means a tendency to make life happier. It is a happy and worry-free state of mind that looks at the bright side of life.



SELF AWARENESS

Self-awareness is your ability to perceive and understand the things that make you who you are as an individual, including your personality, actions, values, beliefs, emotions, and thoughts.



Try at least one of these this week.

- Forgive a friend.
- Pay a compliment to someone.
- Take a deep breath before saying something mean.
- Look in the mirror and say 3 positive things about yourself.



A Group enjoyed listening to Maya Angelou's poem 'Still I rise' this week.

C Group are enjoying THUG.

Hi,

For those who don't know me I'm Sarah the counsellor who comes into KSSS every Tuesday morning.

You may ask what is counselling and how can it help?

Counselling sessions give you the opportunity to share your thoughts and feelings around things you may be struggling with that create feelings of sadness, anxiety, anger and stress to mention just a few. The sessions are confidential so nothing is shared with anybody else unless there are serious concerns for a student's safety.

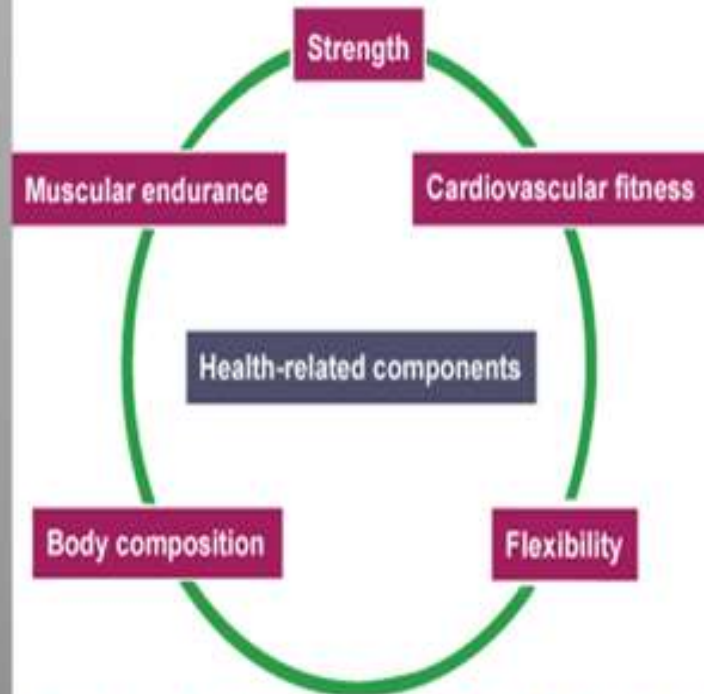
I will help you explore your thoughts, feelings and behaviours, helping you to develop a better understanding of yourself and others. I am not going to judge you or tell you what to do. I will help you find your own solutions, whether that is making changes in your life or finding ways of coping with your problems, sometimes just sharing your problems helps you to feel better.

If you want to come and see me just ask a member of staff and they will let me know, some people come regularly or some just when they feel they need to, it is always your choice nobody will ever make you come.



Mr Hall's Health & Fitness

Fitness can be broken down into different health-related components which form our overall health status. We will look at each one of these over the coming weeks.



BODY COMPOSITION

Definition:

-The percentage of body weight which is fat, muscle and bones.

Sporting Example:

-The gymnast has a lean body composition to allow them to propel themselves through the air when performing on the asymmetrical bars.

Benefits of improving body composition

- Decreased risk of type 2 diabetes, hypertension and heart disease.
- A more and toned body.

Living a healthy, active lifestyle helps to increase your muscle mass and reduce your body fat percentage. How active will you be this week?

WE ARE HERE
FOR YOU

