

The Kindness Curriculum

As we move through the school year we will be encouraging our students to consider different important attributes.

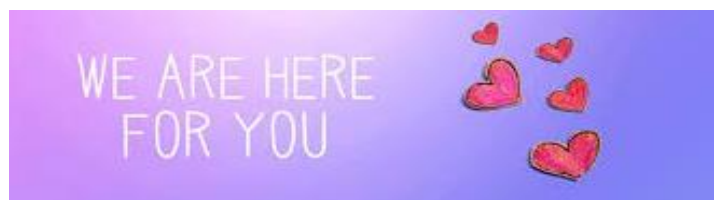
This month we are focusing on Collaboration.

Collaboration: being able to work with others on a common goal. We need to work with each other, students, parents and the wider community to support all of our students here at Kettlebrook.



2024-25 6 Sept 2024

Kettlebrook Short Stay School
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Try at least one of these this week:

- Say something kind to others around you.
- Put litter in the bin.
- Take time to say something positive to yourself - eg 'if it is going to be, it's up to me' Every day.
- Thank someone for helping you.



The other important attributes that we will be focusing on are:

Compassion: This is the capacity to understand the emotions of another and have genuine concern for others.

Empathy: to understand another person's feelings or situation and imagining what it might be like to experience these things yourself.

Gratitude: to be thankful for people, events, surroundings and the people who help you.

Honesty: fairness and straightforwardness. One of our core values at Kettlebrook.

Humour: to be able to find things funny and to laugh with but not at people.

Mindfulness: to experience the current moment, be present and then integrate the awareness into daily life. How many of us act in *autopilot*?

Perspective: Looking beyond your own point of view so you can consider how someone else is feeling which can help you reconsider your own point of view.

Positivity: This is a helpful emotion. To try and see the more advantageous view of things. This helpful emotion can support others to feel happier.

Self-acceptance: learning to embrace who you are. Accepting and knowing strengths and weaknesses in a non-judgemental, realistic way.

Trust: Trust is central to healthy relationships and is the confidence in the reliability of a person or group.



Mr. Hall's Health & Fitness

Tips on how to survive the first full week back to school

1. Get organised

Get a list of everything you'll need on your first day and start getting it together. You'll feel much more relaxed knowing you're well prepared and it'll make the first morning back that little bit easier. Check that your parent/carer knows when you are due in school for the first week back.

2. Return to a routine

Ditch the summer sleep pattern. If you're anything like us, lack of sleep can make you grumpy and unfocused, so get a couple of early nights in.

3. Talk to your teachers

If you're struggling with a mental health issue or you're worried about something, from a problem at home to exams later in the year, it can be helpful to talk to someone.

If you're not comfortable talking to them yourselves, you could always ask a parent or friend to talk to them on your behalf.

4. Think positively

Try to spend a few minutes focusing on some of the good things about going back to school. It might be playing football, catching up with friends or making a tasty meal in Food lessons. Jot them down so that you can take a look at your list when you start to focus on the negatives.

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WE ARE HERE
FOR YOU



Self-Care September 2024

SUNDAY

Find time for self-care. It's not selfish, it's essential

Be willing to share how you feel and ask for help when needed

Find a caring, calming phrase to use when you feel low

Take your time. Make space to just breathe and be still

Write down three things you appreciate about yourself

MONDAY

Notice the things you do well, however small

Aim to be good enough, rather than perfect

Leave positive messages for yourself to see regularly

Let go of other people's expectations of you

Remind yourself that you are enough, just as you are

TUESDAY

Let go of self-criticism and speak to yourself kindly

When you find things hard, remember it's ok not to be ok

No plans day. Make time to slow down and be kind to yourself

Accept yourself and remember that you are worthy of love



WEDNESDAY

Plan a fun or relaxing activity and make time for it

Make time to do something you really enjoy

Ask a trusted friend to tell you what strengths they see in you

Avoid saying 'I should' and make time to do nothing



THURSDAY

Forgive yourself when things go wrong. Everyone makes mistakes

Get active outside and give your mind and body a natural boost

Notice what you are feeling, without any judgement

Find a new way to use one of your strengths or talents



FRIDAY

Focus on the basics: eat well, exercise and go to bed on time

Be as kind to yourself as you would to a loved one

Enjoy photos from a time with happy memories

Free up time by cancelling any unnecessary plans



SATURDAY

Give yourself permission to say 'no'

If you're busy, allow yourself to pause and take a break

Don't compare how you feel inside to how others appear outside

Choose to see your mistakes as steps to help you learn



ACTION FOR HAPPINESS

Happier · Kinder · Together