

Teacher/School of the Year

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Award Finalists

Kettlebrook Short Stay

Eva Bowers

Sara Duncan

We were absolutely delighted to be nominated for a *Spirit of Tamworth Award* and I spent a wonderful evening with Mrs Rogers (Former Executive Headteacher), Mr McDermott and others celebrating all that is amazing about the community of this town we serve.

Thank you very much to Tamworth Round Table and all the organisers and sponsors. Congratulations to Sara Duncan (winner) and Eva Bowers in our category.

We continue to do our very best to support our students, parents and wider community. Remember to come along to **Parent Hub - each Friday at 12.30.**



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Spirit of Tamworth Awards

FINALIST 2024

In recognition of your contribution to the community of Tamworth

Awarded by... *Jamie Walter*

Signed... *[Signature]*

2024-25 Issue 5, 7 Oct 2024

Kettlebrook Short Stay School
Tel : 01827312840
office@kettlebrook.staffs.sch.uk

WE ARE HERE
FOR YOU





Korean Fried Chicken Burger

For the chicken - Serves 1

- 1 skinless boneless chicken thighs
- large piece of ginger, finely grated
- 25g cornflour
- vegetable oil, for frying

For the sauce

- 3 tbsp dark brown sugar
- 1 tbsp Korean chilli paste (gochujang) - see tip
- 1 tbsp soy sauce
- 1 large garlic cloves crushed
- small piece ginger, grated
- 1 tsp oil



For the dressing

- 1 garlic clove, crushed
- 1 tbsp mayonnaise
- pinch of

To serve

- Little Gem lettuce leaves
- 1 brioche or sesame seed burger buns, split and lightly toasted

Method

STEP 1. Make the slaw by combining all the ingredients together. Taste and add more chilli powder, if you like. Chill in the fridge.

STEP 2. To make the sauce, put all the ingredients in a saucepan and simmer gently until syrupy. Take off the heat and set aside.

STEP 3. Cut away any fatty excess from the chicken thighs, then season with salt, pepper and the grated ginger. Toss the chicken with the cornflour until completely coated.

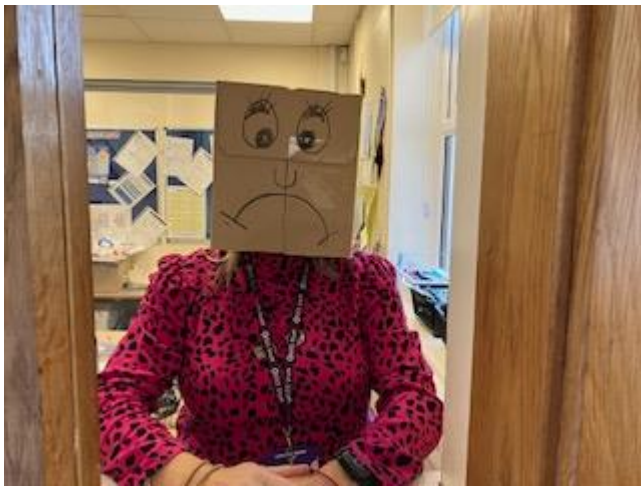
STEP 4. Heat about 2cm of vegetable oil in a large frying pan. Fry the chicken thighs for 4-5 mins each side until crisp. Remove from the oil onto kitchen paper and leave to cool slightly for 2 mins. Then re-fry in the hot oil until ultra-crisp and you can hear it crackle. Remove to kitchen paper to drain.

STEP 5. Reheat the sauce. Build your burgers by placing some lettuce and kimchi slaw on the base of a bun, top with the crispy chicken and drizzle over the sticky sauce.

Tip

Korean chilli paste (gochujang) is a spicy, dark red paste with a rich, slightly sweet flavour. It's perfect for marinating chicken and pork, and can be added to vegetables, raw salads and soups.

Jack's finished dishes from his assessment last Monday. He made Korean Fried Chicken Burger and then a pudding of chocolate chip shortbread served with caramel and fudge ice-cream. Well done Jack and thank you Mrs Barker.



Our new Receptionist was a bit upset when a student forgot to be polite when signing in. We need to remember to treat everyone with kindness and courtesy at Kettlebrook!

Exam season is upon us! Please take every opportunity to complete your work and ask if you'd like to do additional work at home! Please check the timetables that have been emailed to you. Have a look at the How to Revise Booklet to help you.



Try at least one of these this week:

- Always return something you've borrowed before you're asked!
- Hold the door open for someone coming behind you - always.
- Some people have struggles you don't know about - for example, you don't need to comment on someone's weight - you can say, 'you look fantastic!' 'I like your top' etc.



Optimistic October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	
7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing
14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time
21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time
 28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month			

ACTION FOR HAPPINESS **Happier · Kinder · Together**

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