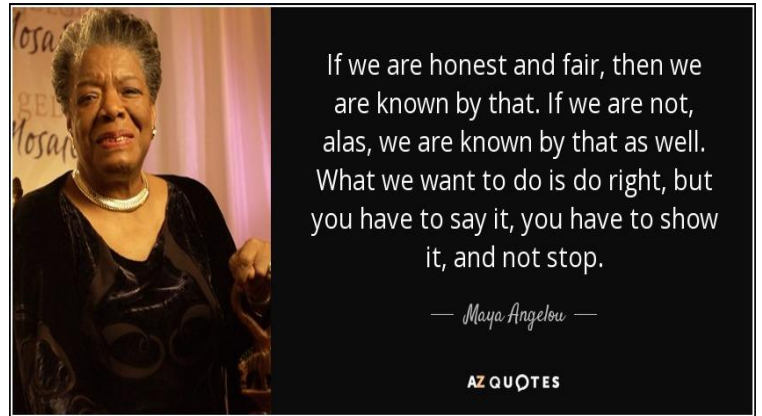




Our Kindness Curriculum moves to honesty.

Honesty or truthfulness along with the absence of lying, cheating, theft.



Key dates for open days

South Staffordshire College at Cannock, **Tamworth** Lichfield and Rodbaston Campuses

- Saturday 18th January 2025
- Saturday 8th March 2025
- **ALL EVENTS FROM 10AM**
- Saturday 17th May 2025
- Saturday 21st June 2025

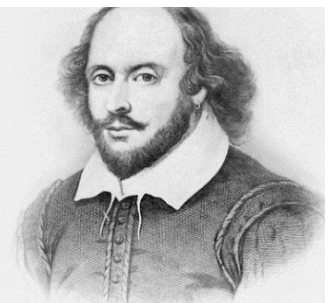
Try at least one of these this week:

- Try and be honest if you've made a mistake.
- Take responsibility for an error.
- Say something kind to someone.
- Take time to say something positive to yourself - eg 'I am in charge of how I feel. Today I feel kind and calm.' Every day.



No legacy is so rich as honesty.

William Shakespeare



2024-25 Issue 17, 10 January 2025

Kettlebrook Short Stay School
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FOR YOU





Mr. Hall's Health & Fitness

Tips for setting and achieving New Year's goals:

1. Keep it simple and don't set too many goals.
2. Make your goals about other people, not just yourself.
3. Focus on behaviours and habits, not just outcomes.
4. Put time into planning your goals.
5. Start with something small and simple.
6. Share your goals and get other people involved.
7. Make your goals for the year into a game.

Additional tips:

- Be realistic with your goals.
- Write them down.
- Include friends and others.
- Adjust as necessary.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day	4 Write a list of things you feel grateful for and why
5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime
12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend
19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down
26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future	