



Well done to the students who are making a very positive impression at Work Experience. Students in Key Stage 4 are

WAS

promoting emotional wellbeing and positive mental health

encouraged to consider Work Experience - if you are interested, please speak to Mrs Rathour. If you would like your child to be considered, please contact Mrs Rathour:
nav.rathour@kettlebrook.staffs.sch.uk



South Staffordshire College



Next open day will take place on Saturday 18th January 2025.

Can't make this date? The next open days are:

Saturday 8th March 2025

Saturday 17th May 2025

Saturday 21st June 2025

2024-25 Issue 19, 17 Jan 2025

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

WE ARE HERE
FOR YOU



WELLBEING AWARD

We all work so hard at Kettlebrook to support our students, not just with their learning, but in all aspects of their wellbeing. We won't always get things *right* but we will always continue to have wellbeing at the centre of all that we do. We are currently applying for this award. Students, staff and parents will be given an opportunity to provide feedback about how we care for everyone's wellbeing. We are looking forward to sharing this with you.



Thank you to Mrs Lindley for taking students to meet the gorgeous doggies at the Max and George Trust.



“Which is more important,” asked Big Panda, “the journey or the destination?”

“The company.” said Tiny Dragon.

Take a different route and see what you notice.

Plan something fun and invite others to join you.

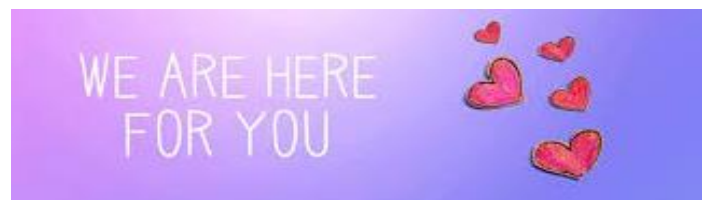
Get good sleep and recharge.



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	

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Mr. Hall's Health & Fitness



MAINTAIN A
HEALTHY LIFE STYLE



CONTACT WITH
FRIEND



RELAX WITH
FAVORITE MUSIC

**TIPS FOR
ANXIETY**



DON'T USE SMOKING
AND ALCOHOL



FOCUS ON
POSITIVE ACTIVITIES



CREATE A
TO-DO LIST