

FAMILY HUB - FRIDAY 7 FEBRUARY 2025

Please join us for a bite to eat from 12.30. We have visitors in school who will be helping us all find out more about Emotion Coaching.

KSSS Family Hub Support: An Introduction for Parents and Carers to Emotion Coaching Children and Young People.
*Delivered by April Romney and Olivia Lowe
Educational Psychologists*

What Is Emotion Coaching?

It is an approach to supporting social and emotional development and supporting behaviour, with a focus on positive relationships.



Who is the session for?

Parents, carers, grandparents, extended family members.



This session will begin to introduce the philosophy and practice of Emotion Coaching, which has originated from the work of John Gottman and his colleagues.

Aims of the session

To develop and understanding of how emotional regulation skills develop.



To introduce Emotion Coaching and explain how and why it differs to 'traditional' approaches to behaviour management.

To develop an understanding of how to use Emotion Coaching with children and young people.



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Kettlebrook Short Stay School
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WE ARE HERE
FOR YOU



Key Stage 3 students have been learning about different types of health care and how and where to get support with health. We have learned that we can get advice from:-



The school nurse (Salma)

NHS online

Chemists

Doctors - need to phone for an appointment

Calling 999 in an emergency

Accident and Emergency in an emergency.

There is so much information available to support students and parents - please look at the website below for further information or speak to any of our staff who can help signpost you.

[Health Visiting and School Nursing :: Midlands Partnership University NHS Foundation Trust](#)

Salma comes in for Drop-ins - she is in next on Tuesday 4 February in the morning.

Young Minds Crisis Messenger Service
Text YM to 85258 for free 24 hour mental health support.
www.childline.org.uk - freephone 24/7 helpline 0800 1111
www.samaritans.org - freephone 24/7 helpline 116123



If you do sometimes feel anxious, try one of the following:

- Take time to breath. Practice deep breaths.
- Try an app to support breathing or wellbeing (eg Insight Timer).
- Avoid those who say unkind things to you or to others as this will add to feeling out of control or in danger.
- Spend time with people who are kind and value your friendship.

Some excellent work continues on Work Experience – lots of opportunities for students. Please get in touch with Mrs Rathour in school if you'd like your child to be considered for a placement.

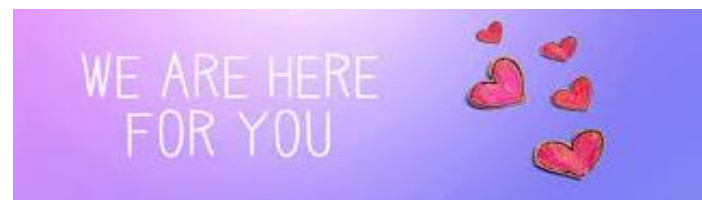


More gorgeous art produced by our students – some wonderful work, well done! And thank you to Mrs Lindley.

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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Keep Learning

This isn't about school lessons!
It's about being curious and following your interests.
When something interests you, google it. Find out more.
Try new things.

Be Active

Get outside and walk/run.
Dance.
Try something new and link it to 'keep learning' – yoga online/kickboxing.
After lockdown, link it to 'connect' and try a team sport.



Give

Smile at someone and say 'hello' when you pass them.
Help out someone you live with by doing something for them without being asked.

Connect

Speak to friends.
Have a games/film night with family.
Arrange a zoom quiz.
Facetime a relative.

Notice

Focus on your breathing – in for 4/out for 4.
Concentrate on your 5 senses: eat a chocolate bar square by square and really focus on the smell, taste and texture.
Draw/colour.

