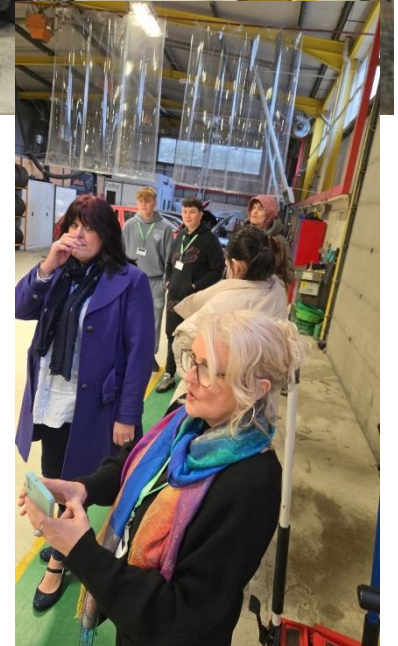
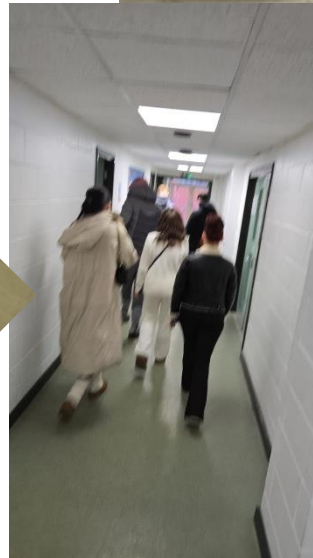


Friday 31 Jan -
year 11s visit
Tamworth
College.



All year 11s will have the opportunity of
visiting the college and find out all about
the many courses available.



2024-25 Issue 20, 31 Jan 2025

Kettlebrook Short Stay School
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office@kettlebrook.staffs.sch.uk

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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.

Parents, carers, students and siblings very very welcome! Please contact the school if you would like more information.

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.



Beautiful artwork by Angel.

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



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



Try at least one of these this week:

- Take time to breath.
- Try to count to ten before saying something unkind.
- Say sorry if you should do.
- Let go of grudges.















Students continue to enjoy Work Experience - please contact Mrs Rathour if you'd like to do Work Experience or can offer experience for one of our students.



INSTEAD OF THIS, TRY THIS:

 Sending an impulsive text	➔	Write a note to yourself 
 Lashing out at a loved one	➔	Go on a solo walk 
 Bottling up your feelings	➔	Listen to your favorite album 
 Going into an overthinking spiral	➔	Watch a lighthearted show 
 Comparing yourself to others to others	➔	Make a list of things you're grateful for 

@ JUSTGIRLPROJECT



Mr. Hall's Health & Fitness

6 SIMPLE FITNESS TIPS YOU SHOULD FOLLOW DAILY



**WAKE UP AND
DRINK WATER**



**WORKOUT
IN THE MORNING**



**FIND A FIT
FRIEND**



**WALK WHERE
YOU CAN**



**EAT THE RIGHT FOODS
AND PORTION EACH MEAL**



**GET TO BED
ON TIME**

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Friendly February 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

SUNDAY

1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise



24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together