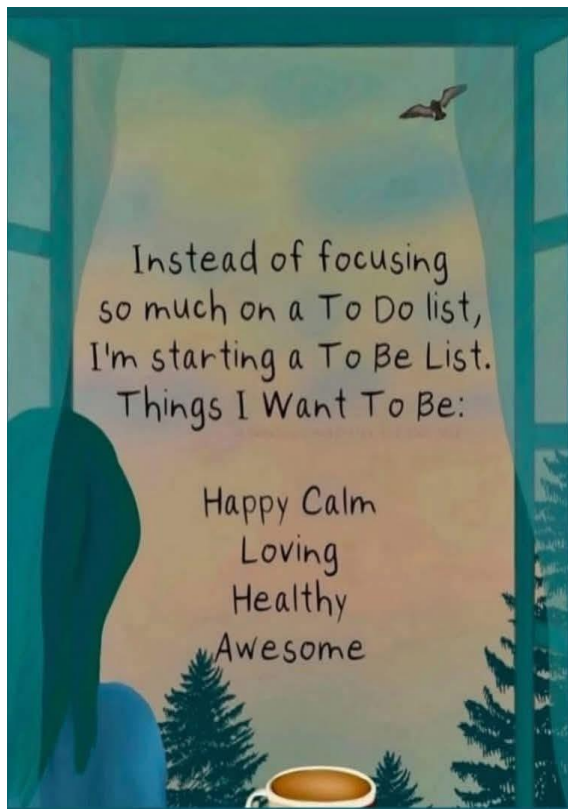


NSPCC Connect the Dots Training

NSPCC are encouraging every adult in the UK to take their 10-minute digital training that will show you where to go if you ever need support, and how to speak up for children who need it. Because that little bit of knowledge can help keep a lot of children safe.

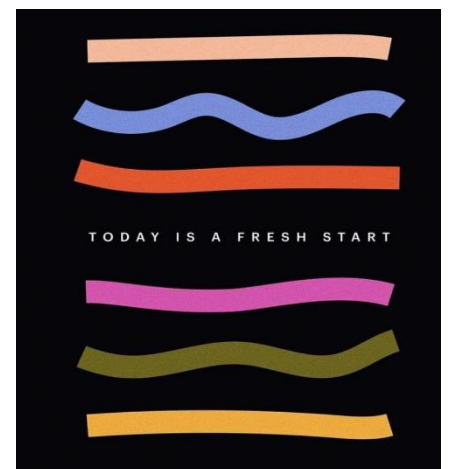


Listen up and learn a little with the Connect the DOTS training:
<https://www.nspcc.org.uk/support-us/listen-up-speak-up/>



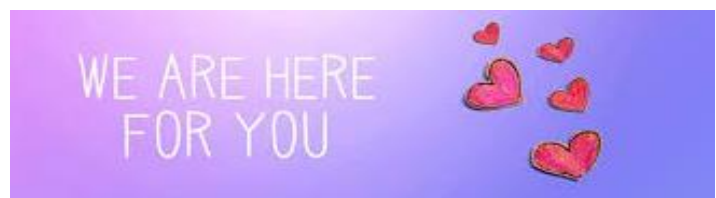
Try at least one of these this week:

- Stay away from online unkindness - don't write it, don't read it, don't share it.
- Be kind to yourself - take a break from social media.
- Send a message thanking a friend.



2024-25 Issue 23, 21 Feb 2025

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



YEAR 11 EXAMS NEXT WEEK: All year 11s must attend school at 8.45 ready for a 9am start.



Monday – English
Tuesday – Maths
Wednesday – Biology
Thursday – English
Friday – Maths



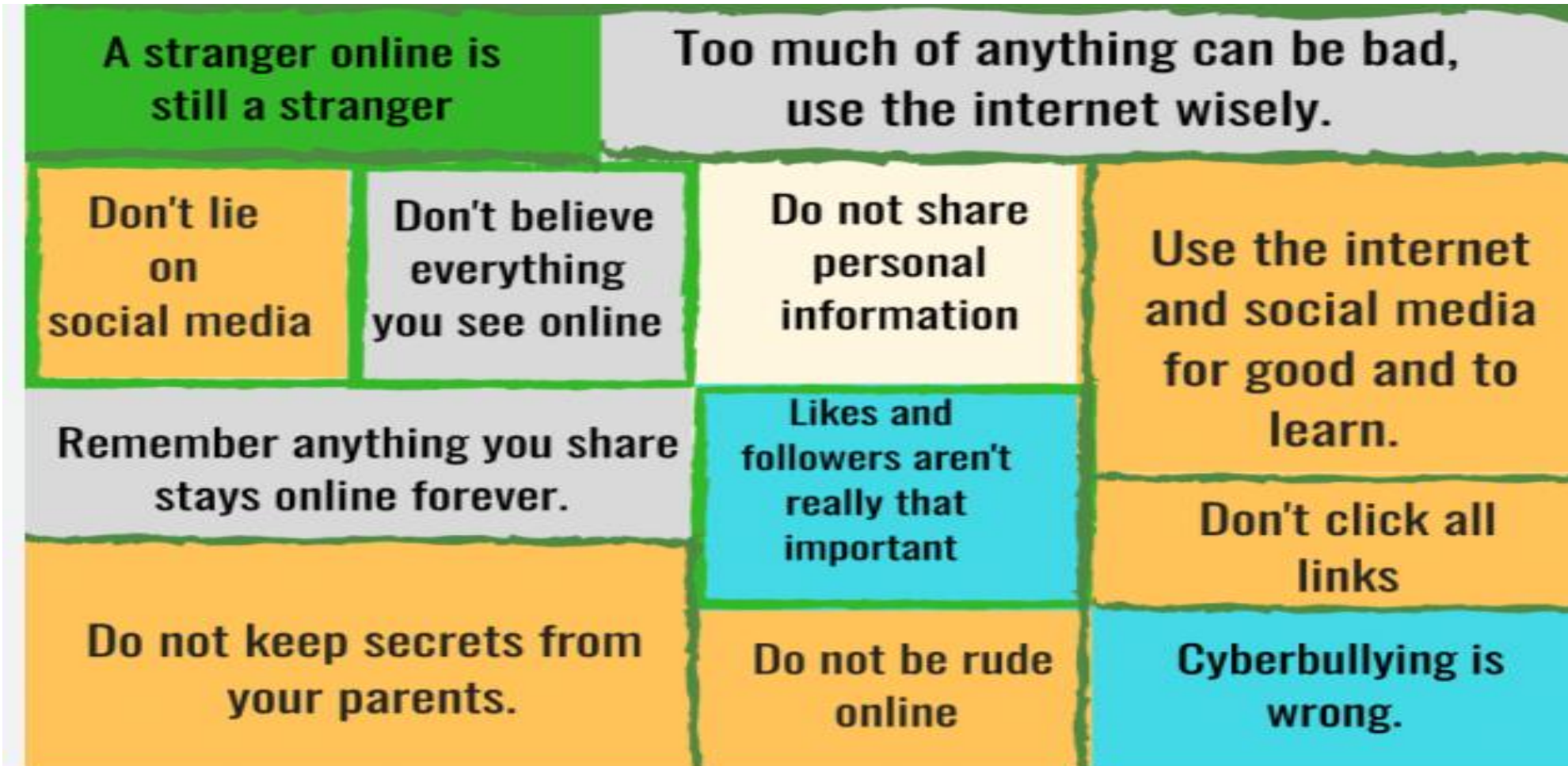
COLLEGE – Year 11s continue to visit Tamworth College and find out about the many fantastic opportunities available to them after they leave KSSS.



Students made focaccia with sauce in Food this week.



Online health and wellbeing



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WE ARE HERE
FOR YOU



Mr. Hall's Health & Fitness

Physical activity guidelines

Children 5-18



60 mins of physical activity every day

Adults 19-64



150 mins of moderate aerobic activity per week

Adults 65 +



150 mins of moderate aerobic exercise p/w and strength exercises two days a week

Source: Public Health England

Are you and the members of your family meeting the recommended guidelines for physical activity?

Children and young people should do a range of different activities across the week. Examples include;

- walking to school or walking the dog
- playground activities, including jumping, running and catching
- physical education
- sports, like football or tennis
- swimming
- skipping
- dancing
- skateboarding or rollerblading
- cycling

