## Wellbeing Weekly 24-25

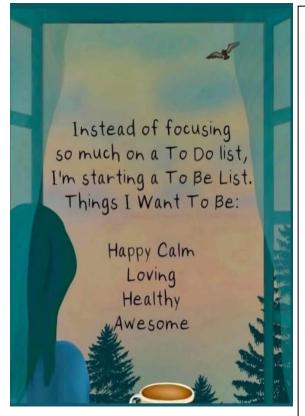
### NSPCC Connect the Dots Training

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NSPCC are encouraging every adult in the UK to take their 10minute 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/

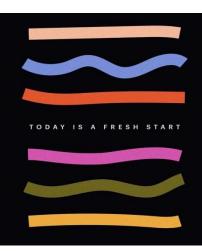


Try at least one of these this week:

- 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.





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Kettlebrook Short Stay School Tel : 01827312840 office@kettlebrook.staffs.sch.uk VE ARE HERE FOR YOU 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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A stranger online is still a stranger		T	Too much of anything can be bad, use the internet wisely.	
Don't lie on social media	Don't believe everything you see online		Do not share personal information	Use the internet and social media for good and to
Remember anything you share			Likes and followers aren't really that important	learn.
stays online forever.		Don't click all links		
Do not keep secrets from your parents.		Do not be rude online	Cyberbullying is wrong.	
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		RE HERE		



# Mr. Hall's Health & Fitness

### Physical activity guidelines

Children 5-18



Adults 19-64

Adults 65 +



60 mins of physical activity every day

150 mins of moderate aerobic activity per week

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