

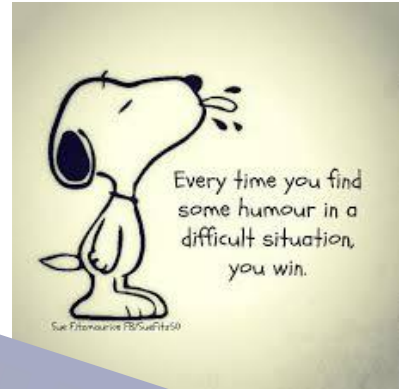
HUMOUR - is our new focus in our **KINDNESS CURRICULUM**.

Humour is the quality of being amusing or comic.

BEST JOKES TO MISS NORRINGTON or
MRS JEFFERSON – *there maybe a
prize!*

**I got really emotional this morning at
the petrol station.**

I don't know why, I just started filling up!



**What do you call a boomerang that doesn't
come back? *A stick.***

**What vegetables do librarians like? *Quiet
peas!***

What is your shortest birthday? *Your 20 second birthday!*

Why did the student sit on his watch? Because he wanted to be on time.

Why can't you trust an art teacher? Because they're always sketchy!

Why did the teacher wear sunglasses to class? Because her students were so bright!

Why did the teacher wear a spacesuit? Because her class was out of this world!



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Kettlebrook Short Stay School
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WE ARE HERE
FOR YOU





March 14 is **World Sleep Day**, a day dedicated to raising awareness about sleep-related issues and promoting the importance of quality sleep for physical and mental health.

Sleep is essential for health and wellbeing. It supports nearly every system in the body. The rejuvenation provided by sleep is vital for our cardiovascular and immune systems, as well as our ability to think clearly, learn new information, and manage our emotions.

PERSONAL SLEEP WINDOW

Try and go to sleep and wake at a similar time each day. Most of us allow less time than we need – adults usually need between 7 and 10 hours a day.



Teenagers need between 8 and 11 hours a day.



SUNLIGHT

We all need time in the light as well as in the dark – find time to get outdoors for some sunlight (even if it is raining!) to help your body understand it is time to rest at night.

MINIBREAKS IN THE DAY

We all will feel the build up of stress in the day – whether in work or at home. **MAKE TIME** to have even just a ten second break – stop and breath slowly for ten seconds, stand and stretch, or spend ten minutes phoning a friend. Plan these mini-moments into your day.



SLEEP SAVVY DIET

Eat breakfast and hour or more after you wake. Try to stop eating about 3 hours before you sleep and avoid sugar before bed.

TRANSITION AND DETACH FROM YOUR DAY BY:

Reflect and appreciate – think of the things that went well and you got done!

Distance yourself from work and the stresses of the day – put the laptop away, ironing board and move to a different room etc... if working from home.

Your choice – Choose a TV programme you want to watch (don't just flick through the channels), or an activity that is something you want to do away from your work life.



START YOUR NEW DAY BY RE-ATTACHING:

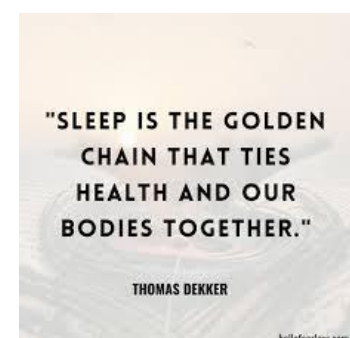
Don't snooze –allow yourself to wake slowly and engage with the new day

Leave your phone alone for a bit – 30 mins or so.

Open the curtains/blinds – let the light in

Reconnect with the day - remind yourself of what needs to be done that day.

Identify the breaks and any support you'll need for the day



Please see below - a FREE online event to give support and information about asthma for younger people. The link below gets you signed up - the event is: Saturday 8th March at 10.30. Sign up using the link below.

The referral link is <https://www.asthmaandlung.org.uk/groups-support/parent-carer-support-network/parent-carer-network->

[events#:~:text=Our%20next%20meeting%20is%20on%20Saturday%208th%20March,for%20a%20fun%20and%20interactive%20Saturday%20morning%20workshop.](https://www.asthmaandlung.org.uk/groups-support/parent-carer-support-network/parent-carer-network-events#:~:text=Our%20next%20meeting%20is%20on%20Saturday%208th%20March,for%20a%20fun%20and%20interactive%20Saturday%20morning%20workshop.)



Asthma Detectives Academy: Investigating asthma for 8-11 year olds

Our next meeting is on Saturday 8th March 2025 at 10.30am

Are you 8- 11 years old? Do you, your sibling or a friend have asthma? Join us on the 8th March 2025 for a fun and interactive Saturday morning workshop. This exciting event will help you to get 'clued up' about asthma in a creative, hands-on way.

What is the Asthma Detectives Academy?
Through games, activities, and discussions, you will uncover what asthma is and learn to 'detect' what triggers it. Our expert team of 'chief detectives' will help you to 'crack the case' on asthma, so you can be confident using your inhalers. You will learn tips and tricks for managing your asthma at school, at home, and in groups and clubs. You can also chat to other children from around the UK who have asthma themselves or who know someone living with asthma.

No Smoking Day - 12 March

A lot of people believe smoking helps with stress. But, while smoking might feel good in the moment, it actually makes things worse for you physically and mentally in the long run.

Research shows that quitting smoking will improve your mental health, lift your mood, lower anxiety, and help improve sleep quality.

[Everyone Health Staffordshire](#) are available to give weekly stop smoking advice and support, along with a range of free stop smoking treatments such as:

- **Free nicotine replacement therapy (NRT):** Helps with cravings and withdrawal e.g. patches, gum, inhalator.
- **Vapes and e-liquids:** UK-regulated devices to make quitting easier.
- **Cytisine or Varenicline:** Safe and effective stop-smoking medications.
- [Everyone Health](#) can support smokers to quit through one of their many local community venues or even onsite at your workplace (dependent on numbers).
- Text QUIT to 60777 or call 0333 005 0095 to find out more.

INTERNATIONAL WOMENS' DAY – 8 MARCH

An opportunity to celebrate and support all women and their contribution to society.

Girls at Kettlebrook are reminded to support each other – together we are stronger – girls should not bring each other down.

Boys at Kettlebrook are reminded to be respectful to everyone – whatever their gender or sexuality.

Are are all taught about the Equalities Act 2010 and the importance of respecting and celebrating what makes us the same and what makes us different.



“Strong women don’t have ‘attitudes’, we have standards.”

MARILYN MONROE



“Be the woman who fixes another woman’s crown without telling the world it was crooked.”

—AMY MORIN



“

The success of every woman should be the inspiration to another. We should raise each other up.

SERENA WILLIAMS

BI&G

Try at least one of these this week:

- Say thank you to a woman in your life - a friend, a teacher, a parent.
- Notice three things you find beautiful in the outside world.
- If you find yourself rushing, take time and make a point of slowing down.
- Notice how you speak to yourself and choose kind words.





Mr. Hall's Health & Fitness

EXERCISE TIPS

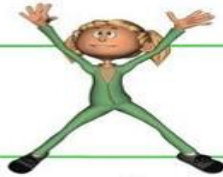


DON'T PUT IT OFF



KEEP IT FUN

SET GOALS BUT BE REALISTIC



"WARM UP" YOUR BODY BEFORE YOU EXERCISE

Try to be active 1 hour a day



BREAK YOUR HOUR UP INTO SMALLER CHUNKS



EXERCISE WITH YOUR FAMILY OR FRIENDS



STAY HYDRATED



EAT HEALTHY

DO SOME STATIC STRETCHING AFTER EXERCISE



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Mindful March 2025

SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted



WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are



FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible



ACTION FOR HAPPINESS

Happier · Kinder · Together