



## WORLD BOOK DAY 2025

A lovely day was had with some book based activities.

Well done Derryn and Lilly for matching up many of the literary duos that were worn on staff lanyards. Examples included; Romeo and Juliet, Winnie the Pooh and Christopher Robin, Sherlock and Dr Watson.



All of the students worked in groups to write a collective story during the day, see the next page to read it.



2024-25 Issue 26, 14 March 2025

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## AFTER THE STORM - A BADGER'S STORY

After the storm, an ancient tree in the woods began to glow with an eerie light. Lenny the badger decided to investigate, but the tree seemed to be hiding something - or someone - deep inside.



Lenny moved cautiously and timidly to the base of the tree. He sniffed around and suddenly fell into a hole that consumed him. The tree let out a scream as Lenny fell in. The branches flailed around as if they were arms of a million ancient mummies.

Lenny reached the bottom of the hole and found himself in pitch darkness. The hole was a portal to another world. He saw a bright, purple light which he was drawn to follow. It pulled him to the Never Portal, which took him to the Never Dimension.

Once through into the Never Dimension a bowl of mashed potato suddenly appeared in front of Lenny. Lenny's eyes grew as large as dinner plates and he was consumed with ferocious pangs of hunger and started to salivate. Lenny plunged his paws into the mashed potato and savagely shovelled it into his mouth.

As Lenny licked the plate clean he started to feel numb and wobbly. Lenny began to hallucinate and he could see pigs dressed as horses who were honking to each other. All of a sudden, there was a bright light....

Lenny squinted as the brightness flooded his eyes. A piercing ringing sound abruptly shattered his stillness. Lenny blinked three times, his vision slowly sharpening until he could make out his mother standing over him with a glow-in-the-dark duvet gripped tightly in her fist and his forest-themed curtains flung wide open behind her. On his bedside table the alarm clock flashed 8:45AM as it continued to shriek.

"Come on Lenny, wake up! You're going to be late for school!", his mum yelled with urgency in her voice and badgering as usual.

Lenny let out a long sigh of relief when he realised it had all just been a dream.

# Carrot and Coriander Soup

## Ingredients

250g carrots  
1/2 medium sized potato  
1/2 onion  
1/2 tsp dried coriander  
Or small bunch of fresh coriander  
1/2 tbsp oil  
1/2 litre of water  
1 vegetable stock cube  
Seasoning



Students made this soup and enjoyed it with bread – this soup is nutritious and a good one to cook on a budget.

## Method

1. Peel and finely chop the potato, carrots and onion.
2. Heat the oil in a large saucepan and gently fry the carrots and onion for 5 minutes.
3. Add the potato, tsp of coriander and seasoning.
4. Add the water and vegetable stock cube.
5. Bring to the boil and simmer until the vegetables are soft.
6. Blend the soup until smooth. Add the finely chopped fresh coriander before serving.



Try at least one of these this week:

- Switch your phone off for at least two hours before sleep.
- Take time to enjoy TV show without your phone.
- Have a walk and a chat with a friend.

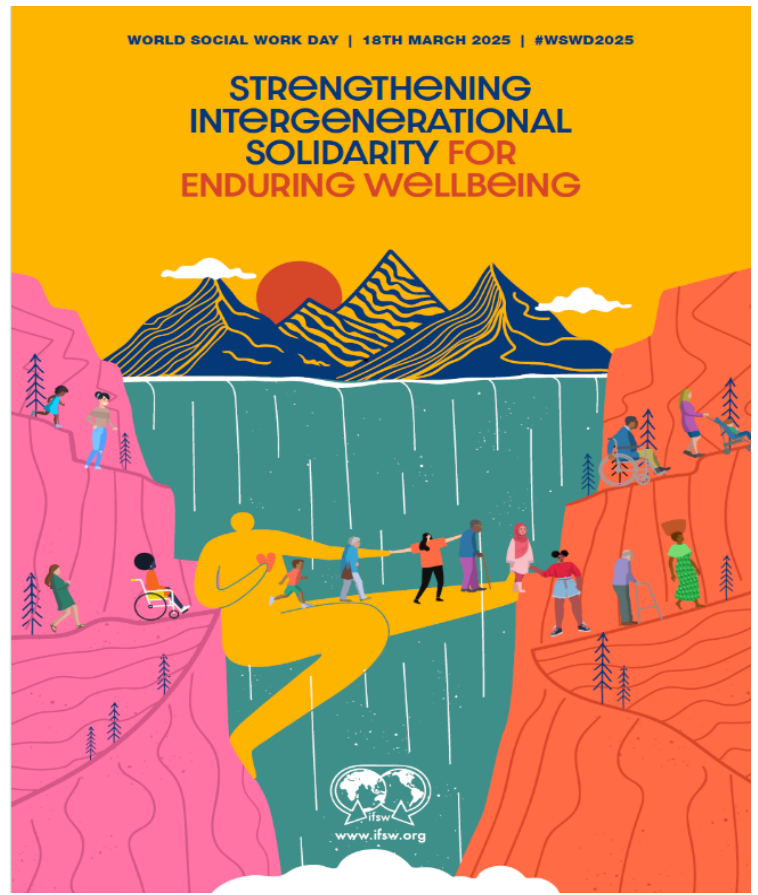


# Social Work Week

From Monday 17<sup>th</sup> to Friday 21<sup>st</sup> March we are celebrating social work week! A chance to talk about how social workers can support young people and families.

This year's theme is about how different generations can support each other. In school, this could mean that students, families and teachers working together to make sure that everyone feels safe, happy and heard!

**You might consider social work as a career – find out more from Cate and Chido who are both studying to become social workers.**



## What is social work?


Social workers are here to listen, support, and help young people and families when life gets tough.

Whether it's about school, family, friends, or emotions, we're here to help you figure things out.

Sign up for  
**#SocialWorkWeek2025**

Learn. Connect. Influence.

17 to 21 March 2025

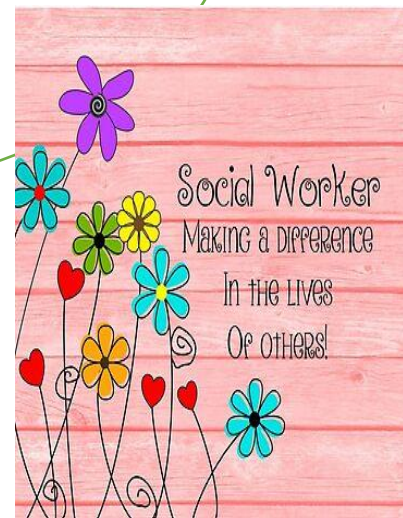
 [socialworkweek.org.uk](https://socialworkweek.org.uk)

### How can social workers help?

- Someone to talk to.
- Help with feelings like anger, anxiety, or sadness.
- Support when things are tricky at home or in school.
- Help make sure your voice is heard.
- Keep young people safe and supported.



Breaking the stigma- social workers are here to listen and NOT to judge!  
Everyone needs a bit of support sometimes and that's okay!



Did you know....

Did you know that everyone needs support sometimes, even adults!  
Asking for help is a strength not a weakness.

Did you know that you can talk to a social worker about the good things too! Like what makes you happy, your goals and dreams.

Did you know that you can talk to a social worker if you feel stressed about exams or if you're feeling sad.



Printing in Art. Some lovely work from Lilly and Ben.



Students continue to work hard at work experience, developing bricklaying skills.





## CAREERS AND ASPIRATIONS - PLANNING FOR YEAR 12 AND BEYOND!



Some students visited Sutton College this week.

The college offers courses in a range of subjects including; Art and Craft, Business and Accounts, Counselling and Health, English and Maths, Computing and Digital Media, History and Writing, DIY and Woodwork, Photography, Teaching and Childcare. There is a wide range of GCSE qualifications available there too.



It is important to plan next steps - doing some research, visiting different colleges and taking part in work experience can help you decide what course you'd like to enrol on - and it is always essential to book onto the course early. Kelly (Careers' Advisor) is available on Mondays to help.



## Mr. Hall's Health & Fitness

### BENEFITS OF A MORNING RITUAL



BUILDS  
HEALTHY  
HABITS



ESTABLISHES  
A POSITIVE  
OUTLOOK



ALLOWS FOR  
MORE EFFICIENT  
PRODUCTIVITY



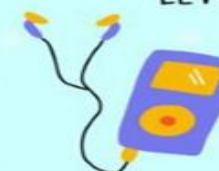
LOWERS  
STRESS  
LEVELS



STRENGTHENS  
RELATIONSHIPS



BOOSTS  
ENERGY



REDUCES  
FORGETFULNESS



ALLOWS FOR  
MORE FLEXIBILITY



CONFIDENCE—BOOSTER



SENSE OF  
CONTROL

 @BCBSMICHIGAN

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Next Friday 21 March is Comic Relief Day – parents and family are invited to join us all from 11.30 – 12.30 for a slice of cake and a few fun bits and bobs. We look forward to seeing you then!!

FRIDAY 21 MARCH

Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

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

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

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

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

7 Take three calm breaths at regular intervals during your day

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

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

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

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

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

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

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

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

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

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

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

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

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

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

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

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

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

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together