



Students explore their strengths and areas for development and consider their future paths at Kettlebrook.

We also consider the **skills** that all employers are looking for. We encourage students to all develop these skills over time.

These skills are: Time Management, Communication, Resilience, Can-Do Attitude, Self-Awareness, Honesty, Positivity, Confidence and Teamwork.

ambitious
presentable
attitude
creativity
awareness
communication
reliable
resilience
team-work
self-confidence
honesty
problem-solving
positive
responsibility
time-keeping
punctual

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Try at least one of these this week:

- Get active outside - lovely autumn sunshine!
- Remember you don't have to perfect - but always have a go even if something is hard.
- Take time to say something positive to yourself - eg 'I am in charge of how I feel. Today I feel kind and calm.' Every day.



For those who don't know me I'm Sarah the counsellor who comes into KSSS every Tuesday morning.

What is counselling and how can it help?

Counselling sessions give you the opportunity to share your thoughts and feelings around things you may be struggling with. These things might have created feelings of sadness, anxiety, anger and stress. The sessions are confidential so nothing is shared with anybody else unless there are serious concerns for a student's safety.

I will help you explore your thoughts, feelings and behaviours, helping you to develop a better understanding of yourself and others. I don't judge you or tell you what to do. I help you find your own solutions, whether that is making changes in your life or finding ways of coping with your problems. Sometimes just sharing your problems helps you to feel better.

If you want to come and see me just ask a member of staff and they will let me know, some people come regularly or some just when they feel they need to, it is always your choice nobody will ever make you come.

Sarah





**BACK TO
SCHOOL!**

Mr. Hall's Health & Fitness

WELCOME BACK!

Going back to school can bring up lots of feelings. You might be happy to go back, wish you were still at home or want to be somewhere else completely. You might be worried about:

- what the school will be like when you go back
- catching up with work and how you're going to be assessed
- seeing friends again
- being bullied
- getting back into routines
- coping away from home
- keeping safe.

The following tips may help you with the start of the new school year.

WHAT TO DO IF YOU FEEL NERVOUS ABOUT RETURNING BACK TO SCHOOL @BELIEVEPHQ



PLANNING

Get ready to return to school by planning your week. Use an activity diary to schedule in lessons and homework.



SLOW DOWN

Take a moment to pause and slow down what you are doing.



GET ORGANISED

Pack your bag and get all your school books and equipment ready. This can help boost confidence and reduce stress.



ASK FOR HELP

If you feel you are struggling don't be afraid to ask for help from a friend or teacher.



GOALS

Review your goals for the school year and agree on some new achievable targets with your teachers.



BREATHE

Engage in some slow and steady breathing to help calm your mind and body.



PROBLEM SOLVE

Come up with a list of solutions to a worry and choose one that you can put into action.



IMAGERY

Take 5 minutes and imagine yourself in a calm and safe space.



BE PATIENT

Ease yourself back into school and homework. Don't put pressure on yourself to get everything done at once.



BELIEVE PERFORM
Mental Health & Wellbeing

Self-Care September 2025



ACTION FOR HAPPINESS

Happier · Kinder · Together

MONDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

TUESDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

WEDNESDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



THURSDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing



FRIDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents



SATURDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans



SUNDAY

7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

