

Wellbeing Weekly 25-26



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, SelfAwareness, Honesty, Positivity,
Confidence and Teamwork.

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



2025-26 Issue 2, 12 Sept 2025

Kettlebrook Short Stay School

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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





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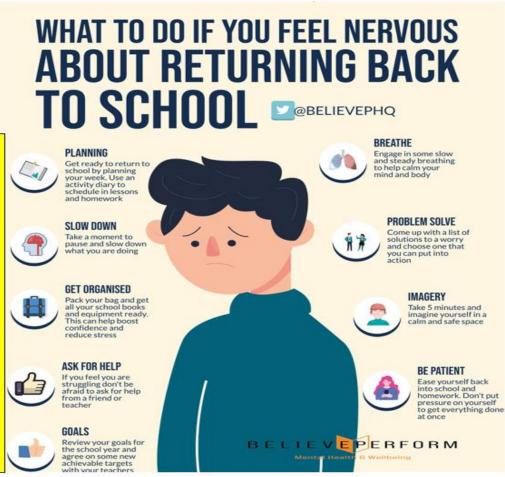


WELCOME BACK!

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.





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September 2025

MONDAY TUESDAY THURSDAY FRIDAY SATURDAY SUNDAY WFDNFSDAY Forgive Find time for Notice the Let go of Plan a fun or Focus on the Give yourself when self-care. It's things you do self-criticism relaxing activity basics: eat well. yourself things go wrong. and make time not selfish, it's and speak to well, however exercise and go permission Everyone makes yourself kindly essential small for it to bed on time to say 'no' mistakes 11 13 If you're Be willing to Get active Be as kind When you Make time to outside and give busy, allow share how you Aim to be good find things hard, to yourself your mind and feel and ask enough, rather do something yourself to remember it's ok as you would body a natural pause and for help when than perfect you really enjoy not to be ok to a loved one needed boost take a break 19 21 15 Find a No plans Don't Leave positive Ask a trusted Notice what **Enjoy photos** caring, calming day. Make time compare how Self-Care messages for friend to tell you from a time you are feeling, phrase to use to slow down vou feel inside yourself to see what strengths with happy without any when you and be kind to how others they see in you regularly memories judgement feel low to yourself appear outside 23 Choose Accept Find a new Let go of Avoid saying Free up time Take your time. yourself and way to use to see your by cancelling Make space to other people's 'I should' and remember that mistakes as one of your any unnecessary just breathe expectations make time to you are worthy steps to help strengths or and be still of you do nothing plans of love you learn talents Ø 29 Write down Remind three things yourself that you appreciate you are enough, about yourself just as you are **ACTION FOR HAPPINESS** Happier · Kinder · Together