

Well done Kieran -
delicious looking bagels
and Ollie is also a great
cook.



Bagels

Prep: 30 mins | Cook: 30 mins Plus 1 hr rising | Makes 5 bagels

Ingredients

- 1 tsp yeast
- 1 tsp sugar
- 75ml warm water
- 150g strong white flour
- ½ tsp salt
- ½ tsp bicarb soda
- Pinch of salt



Method

1. In 100ml of warm water pour in ½ tsp sugar and yeast. Do not stir. Let sit for five minutes then stir until all dissolved.
2. Make a well in the flour and pour in the yeast mixture, add in remaining sugar and salt and mix together.
3. Add some of the remaining water and mix together. The dough needs to be moist and firm.
4. Turn out onto a floured work surface and knead for ten minutes until it is firm and very elastic.
5. Coat a bowl with a drop of oil and add your dough to prove for 30 minutes.
6. Punch back the dough and divide into 3 balls.
7. Work well into a ball using your hand as a cage until smooth and round
8. With a floured finger poke a hole into the middle of your dough ball. Stretch the hole to around 1-2cm and put on a floured plate
9. Boil kettle and add to a large saucepan with bicarb soda and pinch of salt
10. Lower bagels into the rolling water, when they float approx. 1-2 minutes then flip them over.
11. Remove from the boiling water and transfer to a lined baking sheet
12. Bake for 15-20 minutes until golden brown
13. Top with cream cheese, ham or just butter

2024-25 Issue 29, 2 May 2025

Kettlebrook Short Stay School
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WE ARE HERE
FOR YOU



Try at least one of these this week:

- Focus on what you can do rather than what you can't.
- Let someone know how much they mean to you and why.
- Make a list of what matters most to you and why.



DILEMMA
REAL SUPPORT FOR FAMILIES
WITH AN ADDICTED LOVED ONE

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M: 07506 258153
W: www.dilemmacharity.org.uk

Be your Addicted Loved Ones Best Chance of Recovery

Support for Families

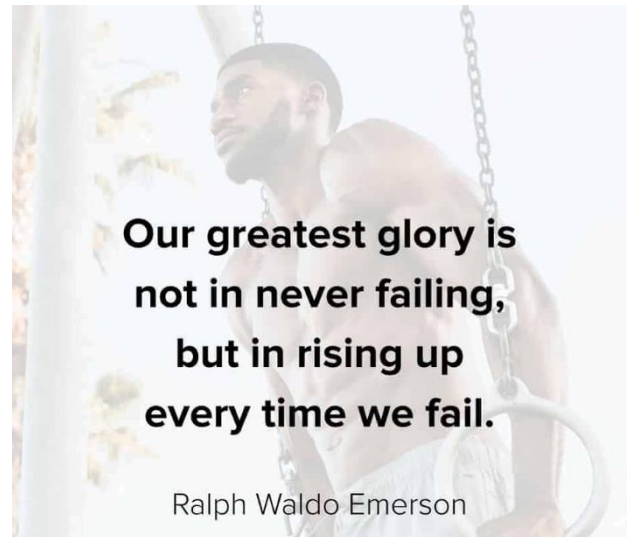
What you need to know -

You didn't Cause it,
You can't Control it,
You can't Cure it,

BUT

You DO have Choices.

**Family Support Groups every Thursday
and Friday Evening, 7.00pm - 8.30pm
at The Sacred Heart
Community Hub, B77 2EA
Starting on Friday 3rd May 2024**



**Our greatest glory is
not in never failing,
but in rising up
every time we fail.**

Ralph Waldo Emerson

ADDICTION:
the disease that
makes you too selfish
to see the havoc you
created or care about
the people whose
lives you have
shattered.

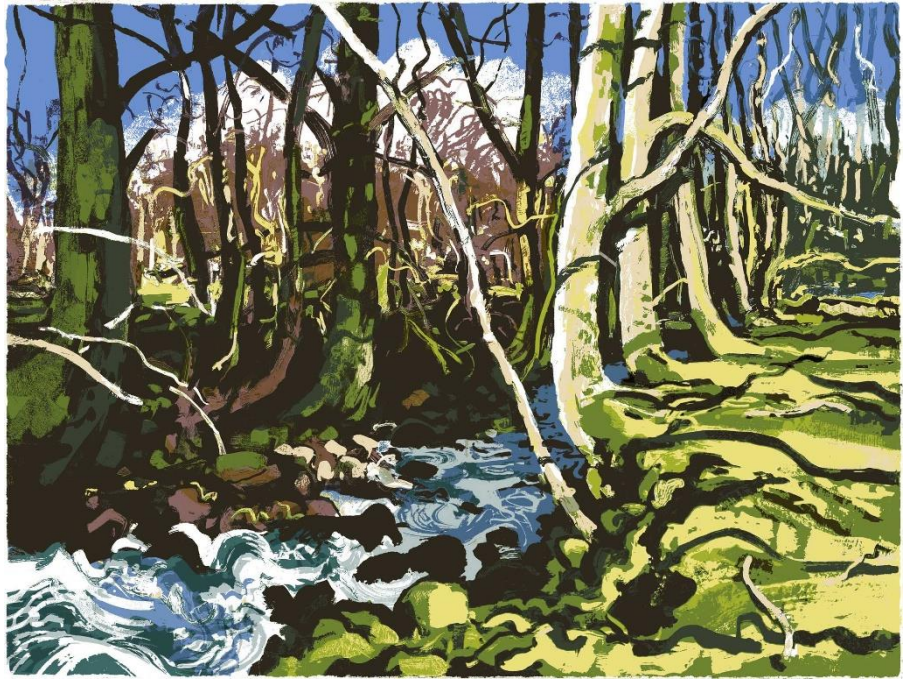
**DON'T WAIT FOR
THE CHANGE,
BE THE CHANGE**

Students learn about addiction in PSHE. There are organisations out there to support. We are happy to support this - our school nurse can also offer advice.

The Babbling Brook

By Lexie

The golden sunlight pierced my eyes blinding me for a second. I'm surrounded by a sea of emerald monumental trees hanging over me like a blanket. Each time I breathe in I feel the mist fill my lungs and electrifying through my veins, the gushing water drowning my wellie boots.



The moss clung onto the rocks leaving them solid making it hard to climb them. As I surged towards the lake I felt the cold breeze target my face as the euphoric water gathered around me.

As midnight slowly approached the atmosphere quickly changed. The dark shadows crept over me making me feel timid, not knowing what was going to happen. The peaceful water got heavier and heavier, terrorising the lake.

The wind started to viciously whistle, harmonising. This made me feel anxious and on edge, not knowing what might happen in this enclosed petite environment.

The mermaids coarsed from the depths of the mysterious lake hiding from whatever had appeared in the cloudy water.

The melodic raindrops overfilled the lake spilling abnormal creatures towards me as I headed towards the bench to grab my belongings I saw an immense figure head towards me. I panicked and had no time to chuck my shoes on so I headed into a random direction of the forest hyperventilating trying to catch a breath. As I swung my head around to see if I was still being chased, I see big white eyes staring at me and heading towards me.

I get a sick feeling in my stomach as if something bad is going to happen. I fall.... I'm no longer in the woods. I'm on a main road pleading for somebody to pull over. I notice through the corner of my eye a sign reading 'Magical and Abandoned Forest. KEEP OUT!'



Mr. Hall's Health & Fitness

5 EXERCISES YOU CAN DO ANYWHERE

#HerballifeNutrition



Alternating
Side Squats



Single Leg Glute
Bridge Lifts



**Reverse
Lunge** with
Front Kick



Decline
Push-ups



Alternating Side
Planks with
Triceps Push-up

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Meaningful May 2025

MONDAY



5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

TUESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

WEDNESDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

THURSDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

FRIDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

SATURDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

SUNDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why



ACTION FOR HAPPINESS

Happier · Kinder · Together

