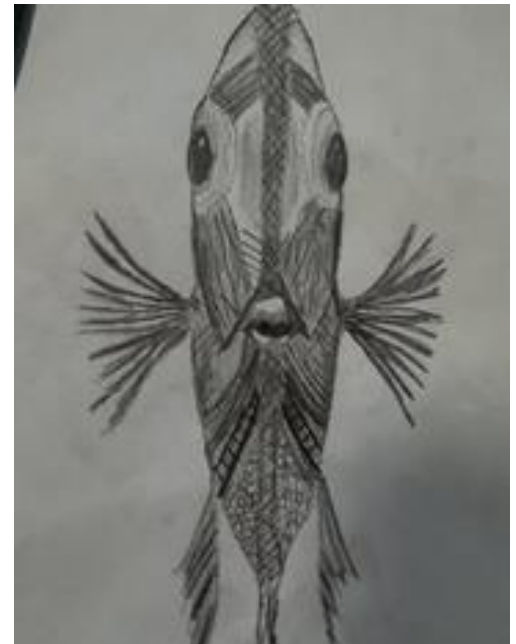




Art at Kettlebrook is enjoyed by all students. Some gorgeous pieces of artwork produced by our students. Students study for either GCSE or Arts Award.

Art Club on Thursdays 2-3pm. Staff and students welcome.



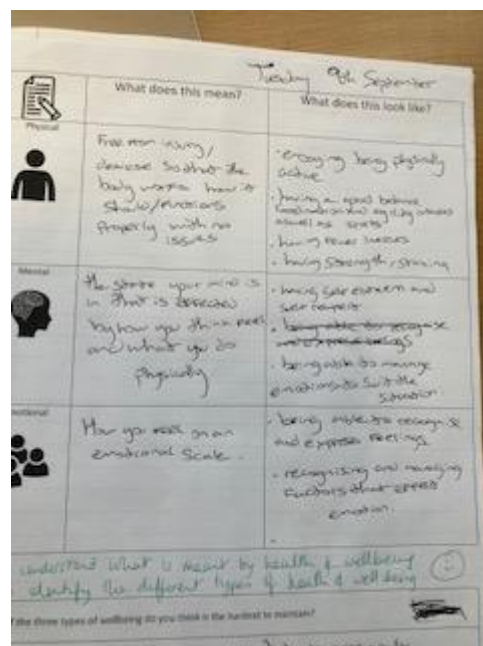


Friday 26 September 2024 we'd like to invite our families and community for tea and food with us at Kettlebrook - from 11.30 - 12.30. Voluntary donations will be gratefully received for this fantastic charity that supports people when they need it most.

Students in Year 10 are learning about Wellbeing in PSHE. We are looking at physical, mental and social wellbeing - what it is and how it makes us feel.

Physical wellbeing means being able enjoy physical activity as well as sport - as well as being supple and less likely to be ill.

Mental wellbeing includes having self esteem and respect, being able to recognise and name how you're feeling and being able to manage emotion.



Social wellbeing includes being able to manage relationships positively - getting on with others and expressing oneself both in person and online.

Try at least one of these this week:

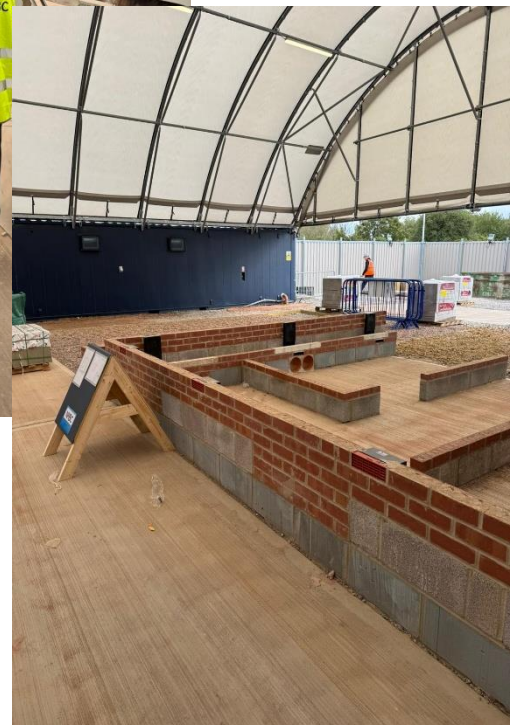
- Notice what you are feeling, without judgement
- Take your time - make time to just breath and be still.
- Find a favourite song and either sing or dance along - or BOTH!





Year 10 and 11 students spent time at the Trust with a view to possible work experience opportunities. (Thanks, Mrs Lindley, for arranging this)





Year 11s visited the new site for the bricklaying work experience that they do weekly. Anyone interested in doing Work Experience or offering Work Experience to our students, please get in touch with Mrs Rathour in school.
nav.rathour@kettlebrook.staffs.sch.uk



Mr. Hall's Health & Fitness

8 WAYS

TO REMAIN HEALTHY AND FIT



Don't Touch

Keep your hands off any possible germ-infected surface



Wash up

Proper hand washing is important to prevent from any germs



Stop stressing

Stress not only negatively affects your mental health but physical health too.



Fundamental Fluids

Drink up! Downing 8-ounce glasses of water



Eat Well

Your food choices impact your immune system



Antioxidants

Keeping you healthy are vitamin A, C and E



Get Fit

People who exercise regularly are less likely to get sick



Sound Sleep

Get the eight hours of sleep a night

Self-Care September 2025



ACTION FOR HAPPINESS

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



Happier · Kinder · Together