



## WHAT'S NEXT?

It is never too soon to start working out what you are going to do when you leave school. There are so many options: a range of courses in college, apprenticeships or joining the world of work. It is best to start early and get some research done and then have a plan - and a PLAN B.

### Key dates for open days

South Staffordshire College at Cannock, **Tamworth** Lichfield and Rodbaston Campuses from 10.00 am

- Saturday 17<sup>th</sup> May 2025
- Saturday 21<sup>st</sup> June 2025

Kelly Wright, our Careers' Advisor is available to support with college applications and help with research.

Exams season is upon us. Please check timetables carefully when speaking with your key worker. Next week we have exams on Tuesday afternoon and Thursday morning.

Please contact us with any concerns or queries.

### Tips to manage anxiety (from the NHS)

#### DO

1. Try talking about your feelings to a friend or family member.
2. Try calming breathing exercise (get an app!)
3. Exercise – a walk in the fresh air.
4. Sleep – if you're struggling there's lots of help online ([www.nhs.uk](http://www.nhs.uk))
5. Healthy diet – regular meals will give you energy helping you cope better.

#### DON'T

1. Don't try to do everything at once – set smaller targets you can achieve.
2. Don't focus on things you can't change.
3. Try not to tell yourself you're alone – most people experience anxiety at some point – instead, reach out and talk.
4. Try not to use alcohol, cigarettes, gambling or drugs to relieve anxiety as they can contribute to poor mental health.

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WE ARE HERE  
FOR YOU



**Summer** is nearly here and it gives us the opportunity to get out and about more. A **new activity** will lead to new skills and friends and be a positive way to spend your time. It also looks great to have additional skills and interests when you apply to college or a job.

## Some top tips

1. **Choose** carefully - think about something that is right for you! What do you enjoy? Have you got transport to get you there? Is it free - or are there costs you need to think of?



2. **Research!** Go online - find out more! Chat to people who already go so you feel excited and less nervous!

3. Find the **right place** for you! Think of distance, when the club happens, costs and who

will be there.

4. **Get excited!** It is fun to try something new!
5. **Get ready!** You may need some kit - have everything ready to begin.



6. **Get rest!** You'll feel happier, fresher and braver!

7. Say hi to the people at the club - you could make new friends.

8. **Enjoy** and good luck!

Try at least one of these this week:

- Listen to a favourite piece of music and remember why it means a lot to you.
- Be grateful for the little things.
- What values are important to you - identify them and use them.
- Try out a new activity.





## Mr. Hall's Health & Fitness

A new week is a fresh start. What one thing could you do to prioritise yourself next week?

Could you make time for things that make you feel good?

- zz More sleep
- 🏃 A bit of movement
- 🍲 Home-cooked food
- ❤️ Time with loved ones

Sometimes, taking the time to stop and pause and setting the intention for how you want to feel can really make a difference.

What will help you feel energised next week?

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FOR YOU





Keener  
makes a permanent  
decision over just a  
temporary problem

drinking  
alcohol

taking  
drugs  
before school

cyber  
bullying

Shouting

Negative  
Coping  
strategies

Avoiding

Refusing

fighting

Bad  
attitude —  
answering  
back

Lying

"people talk online  
more than they do  
in real life".

Think  
before you  
speak

Have another  
go!

Listen to  
what's being  
said

Exercise — takes  
stress away

Positive  
Coping  
strategies

Ask for  
help

Breathe  
before  
you  
speak

talk about  
what's upsetting  
you

Plan  
ahead

Drink  
water

# Meaningful May 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

1 Do something kind for someone you really care about

FRIDAY

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

SATURDAY

3 Take a step towards an important goal, however small

SUNDAY

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

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

6 Look for people doing good and reasons to be cheerful

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

8 Set yourself a kindness mission to help others today

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

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

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

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

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

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

17 Find a way to make what you do today meaningful

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

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

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

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

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

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

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

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together