

Wellbeing Weekly 24-25



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 17th May 2025
- Saturday 21st June 2025

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

Tips to manage anxiety (from the NHS)

D0

- 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)
- 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.

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

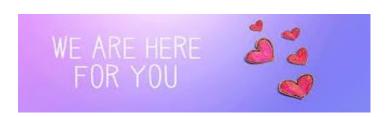
Exams season is

Please contact us with any concerns or queries.

2024-25 Issue 30, 9 May 2025

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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?



TO-DO LIST:



- 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.





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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?



drinking Breathe before you Speak "people talk online more than they do in real life". KS3 students are learning about coping strategies in PSHE.

MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY SATURDAY SUNDAY **Meaningful May 2025** Do something Focus on Send your Take a step kind for what you can friend a photo towards an someone you do rather from a time important goal, really care than what you enjoyed however small together about you can't do Look around Look for What values Make a list Set yourself Be grateful Let someone people doing for things that are important know how much of what matters a kindness for the little good and to you? Find bring you a they mean to most to you mission to help things, even in reasons to be ways to use sense of awe you and why and why others today difficult times cheerful them today and wonder 15 13 17 Listen to a Show your Find out about Get outside Do something Find a way Send a handfavourite piece gratitude to the values or and notice to contribute to make what written note to of music and people who are traditions of the beauty in to your local you do today someone you remember what helping to make another culture nature community meaningful care about things better it means to you 19 25 21 Look up 23 Find a way Make Ask Reflect on Share photos at the sky. Recall three someone else to help a choices that what makes you of 3 things you Remember we things you've project or have a positive what matters feel valued and find meaningful are all part of done that you charity you care impact for most to them or memorable are proud of purposeful something about others today and why bigger 29 31 Focus on Remember Do something Today do Share a Find three an event in how your special and something to quote you find reasons to be our life that actions make revisit it in your care for the hopeful about inspiring to give was really a difference memory tonight natural world others a boost the future meaningful for others



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