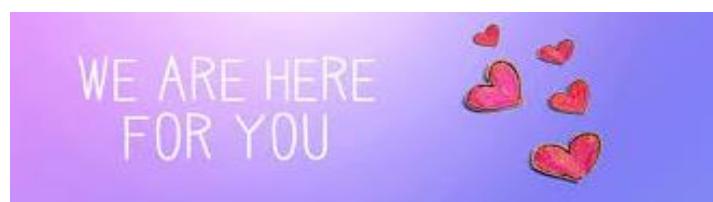


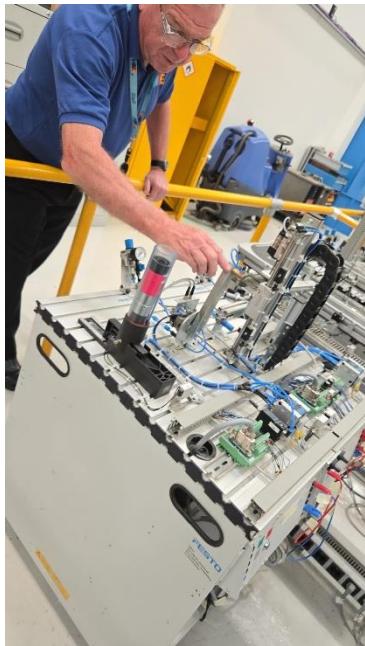
VISIT TO MAKE UK - year 10s experiencing apprenticeships.



2024-25 Issue 36, 27 June 2025

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Tel : 01827312840
office@kettlebrook.staffs.sch.uk





Try at least one of these this week:

- Have a day with less screen time.
- Give your body a boost by laughing or making someone else laugh.
- Try a mindful meditation - part of our kindness curriculum.



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Mr. Hall's Health & Fitness

5 EXERCISES YOU CAN DO ANYWHERE

#HerbalifeNutrition



Alternating
Side Squats



Single Leg Glute
Bridge Lifts



Reverse Lunge with
Front Kick



Decline
Push-ups



Alternating Side
Planks with
Triceps Push-up