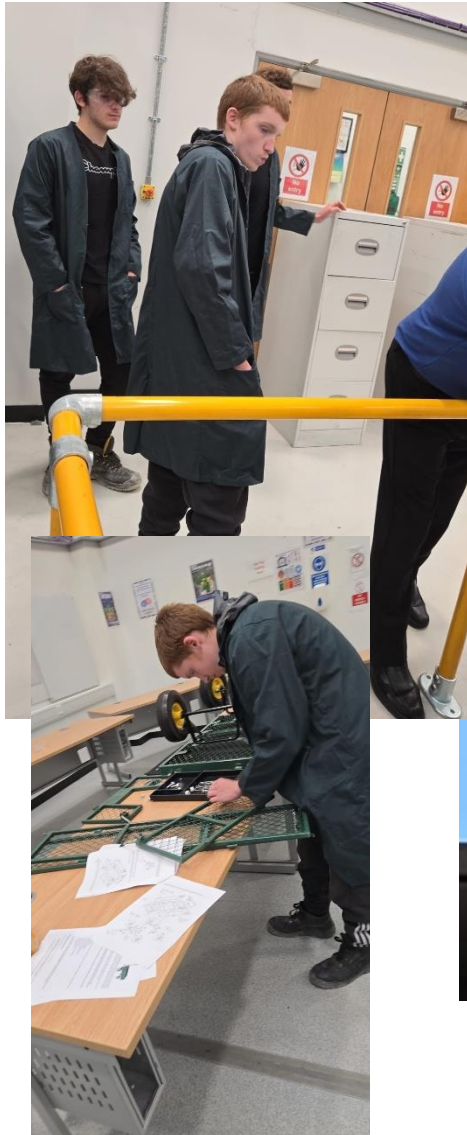




VISIT TO MAKE UK - year 10s
experiencing apprenticeships.



CONDUCTING BUSINESS IMPROVEMENT ACTIVITIES
NO TALENT REQUIRED

10 THINGS THAT NEED NO
TALENT

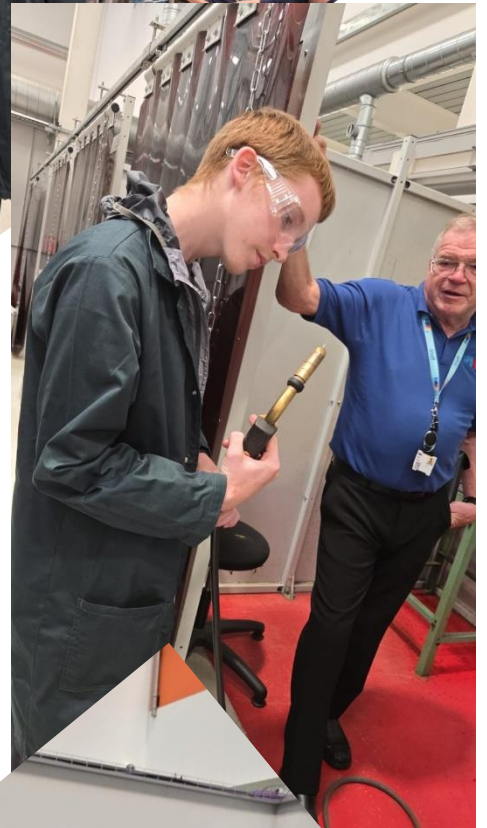
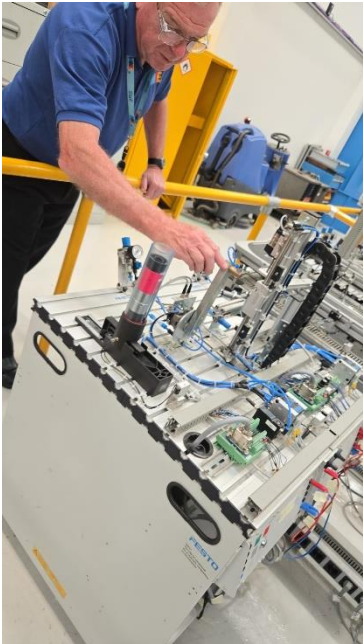
BEING ON TIME
EFFORT
WORK ETHIC
ATTITUDE
PASSION
ENERGY
BODY LANGUAGE
BEING PREPARED

2024-25 Issue 36, 27 June 2025

Kettlebrook Short Stay School
Tel : 01827312840
office@kettlebrook.staffs.sch.uk

WE ARE HERE
FOR YOU





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