

Wellbeing Weekly 25-26



Friday 26 September 2025 our families and community met for tea and food with us at Kettlebrook – from 11.30 – 12.30. Voluntary

donations
gratefully
received for this
fantastic charity
that supports
people when they
need it most.











We will let you know the total next week!

Thanks to Mrs Barker and Mr Round for arranging it all.
Fantastic example of COLLABORATION our kindness curriculum quality!

2025-26 Issue 4, 26 Sept 2025

Kettlebrook
Short Stay School

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

Compassion is our quality for October in our Kindness Curriculum.

But what does Compassion actually mean?

Compassion is the ability to put oneself in another's shoes and experience concern for their suffering.

It is a feeling of understanding and solidarity towards the difficulties and



challenges someone else faces.

Being
compassionate
involves showing
kindness,
support and

understanding towards others without judging or criticising.

Compassion drives us to act in a compassionate manner and to offer help when possible.





It is a fundamental human feeling that connects us and makes us

PEOPLE WILL FORGET WHAT YOU SAID,

PEOPLE WILL FORGET WHAT YOU DID,

BUT PEOPLE WILL

NEVER FORGET HOW

YOU MADE THEM FEEL,

WYYYY

MAYA ANGELOU

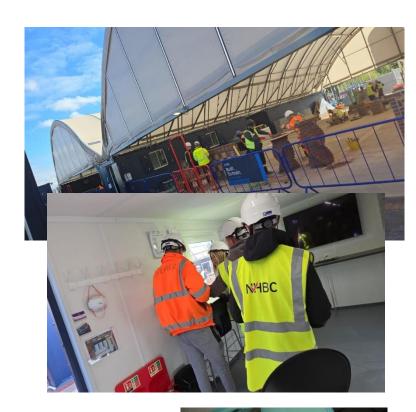
more **sensitive** to the needs of others, fostering a more **understanding** and **supportive** society.

At Kettlebrook we show compassion to each other. We support without judgement and we care for each other and our wider community.



Find out more about Apprenticeships by attending the open day at JCB. More information about Work Experience and Apprenticeships from Mrs Rathour (WEX Coordinator) and Kelly Wright - Careers Advisor. (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

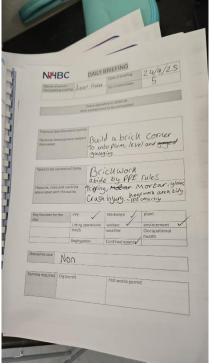




Try at least one of these this week:

- Pay a compliment to someone.
- Remember to say thank you.
- Try and catch a falling leaf as it falls from a tree







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Mr. Hall's Health & Fitness

10 tips if you have zero motivation to exercise

- 1. Begin with smaller, manageable goals
- 2. Find an activity you actually enjoy
- 3. Create a routine that works for you
- 4. Find a workout buddy or community
- 5. Track your progress
- 6. Change your perspective
- 7. Always show self-compassion
- 8. Focus on how you feel
- 9. Connect with people who will support you
- 10. Mix it up as much as you can



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MONDAY TUESDAY THURSDAY FRIDAY SATURDAY **SUNDAY** WEDNESDAY September 2025 Forgive Let go of Notice the Plan a fun or Focus on the Give Find time for yourself when self-care. It's things you do self-criticism relaxing activity basics: eat well. yourself things go wrong. and make time not selfish, it's well, however and speak to exercise and go permission Everyone makes yourself kindly essential small for it to bed on time to say 'no' mistakes 11 13 If you're Be willing to Get active Be as kind When you share how you Make time to outside and give Aim to be good busy, allow find things hard, to yourself your mind and feel and ask enough, rather do something vourself to remember it's ok as you would body a natural pause and for help when than perfect you really enjoy not to be ok to a loved one take a break needed boost 17 19 21 15 Find a No plans Don't Leave positive Ask a trusted **Notice** what Enjoy photos Self-Care caring, calming day. Make time compare how messages for from a time friend to tell you you are feeling, vou feel inside phrase to use to slow down yourself to see with happy what strengths without any when you and be kind to how others regularly memories they see in you judgement feel low to yourself appear outside 23 25 Accept Find a new Choose **Avoid saying** Let go of Free up time Take your time. yourself and way to use to see your 'I should' and by cancelling Make space to other people's remember that mistakes as one of your just breathe make time to any unnecessary expectations you are worthy steps to help strengths or and be still of you do nothing plans of love talents you learn Ø 29 Write down Remind three things yourself that you appreciate you are enough, about yourself just as you are **ACTION FOR HAPPINESS** Happier · Kinder · Together