



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

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.



Compassion.
It's not just a word.
It's a way of being.
It's not just a concept.
It's love in action.
Jeff Brown

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.

"IF YOU FIND IT
IN YOUR HEART TO CARE
FOR SOMEBODY ELSE,
YOU WILL HAVE SUCCEEDED."

Maya Angelou

It is a **fundamental human feeling** that **connects us** and makes us more **sensitive** to the needs of others, fostering a more **understanding** and **supportive** society.

PEOPLE WILL FORGET
WHAT YOU SAID,
PEOPLE WILL FORGET
WHAT YOU DID,
BUT PEOPLE WILL
NEVER FORGET HOW
YOU MADE THEM FEEL.
♥♥♥♥
MAYA ANGELOU

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)



NABC DAILY BRIEFING		Date of briefing																								
Name of person completing briefing	Leon Roca	24/4/25																								
No. of operatives		5																								
Every operative to SIGN IN (Risk assessment to be completed)																										
Prepared by discussion points	Build a brick corner to into plan, level and gauge																									
Personal development subject discussed																										
Tasks to be carried out today	Brickwork abide by PPE rules																									
Hazards, risks and controls associated with the works	Tripping, Meets Mortar - gloves, Crush injury - PPE correctly																									
Key focuses for the day	<table border="1"> <tr> <td>PPE</td> <td>✓</td> <td>Walkways</td> <td>✓</td> <td>plant</td> <td>✓</td> </tr> <tr> <td>Lifting operations</td> <td></td> <td>weather</td> <td></td> <td>environment</td> <td>✓</td> </tr> <tr> <td>HAVS</td> <td></td> <td>Occupational health</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Segregation</td> <td></td> <td>Confined spaces</td> <td></td> <td></td> <td></td> </tr> </table>		PPE	✓	Walkways	✓	plant	✓	Lifting operations		weather		environment	✓	HAVS		Occupational health				Segregation		Confined spaces			
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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





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**

Self-Care September 2025



ACTION FOR HAPPINESS

MONDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

TUESDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

WEDNESDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



THURSDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing



FRIDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents



SATURDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans



SUNDAY

7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn



Happier · Kinder · Together