



## Where next after Kettlebrook?

All students should start to consider what college courses they'd like to enrol on - and it is **NEVER** too early to start looking.

- Attend different open days - so you can find out more about the courses being offered
- Apply early - lots of courses get filled up quickly
- See Kelly Wrights - Careers' Advisor can help you work out your next steps and choices
- Attend every lesson and work hard - your school results matter!!



### South Staffordshire College Open days at Cannock, Tamworth, Lichfield and Rodbaston Campuses:

Saturday 11<sup>th</sup> October 2025      10am – 1pm  
Saturday 22<sup>nd</sup> November 2025      10am – 1pm

### Newcastle and Stafford College Group:

*Newcastle campus*      Thursday 9<sup>th</sup> October 2025      5.30pm – 8pm  
*Stafford campus*      Thursday 23<sup>rd</sup> October 2025      5.30pm – 8pm

### Birmingham Metropolitan College Open Events at Matthew Boulton, Sutton Coldfield, James Watts, and Erdington Skills Centre:

Saturday 18<sup>th</sup> October 2025      10am – 1pm

### Walsall College Open Days:

Thursday 9<sup>th</sup> October 2025      4.30pm- 7.30pm  
Saturday 18<sup>th</sup> October 2025      10am – 2pm

### Burton and South Derbyshire College (BSDC)

Saturday 11<sup>th</sup> October 2025      10am – 1pm  
*Stephen Burke Construction Academy (Swadlincote)*

***Sixth Form open events usually take place in the Autumn term, please contact individual sixth forms to arrange individual tours and visits.***

2025-26 Issue 5, 3 Oct 2025

**Please wear yellow** if you'd like to next Friday 10<sup>th</sup> October. Students and staff will be enjoying a range of activities to help support positive mental health. We want to actively promote positive mental health for all of our community.



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 raised over £120 for this amazing charity so thank you to all those who baked cakes and donated!

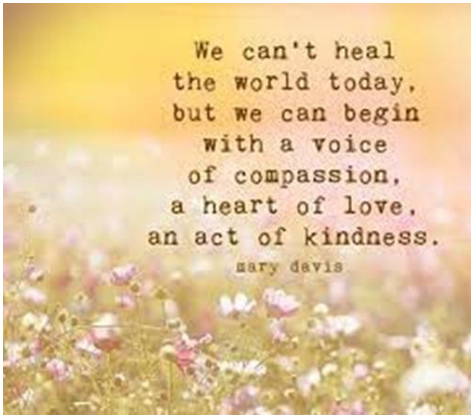
Thanks to Mrs Barker and Mr Round for arranging it all. Fantastic example of COLLABORATION our kindness curriculum quality!

Try at least one of these this week:

- Pay a compliment to someone.
- Write three things down that you are looking forward to.
- Start your day with the most important thing on your things to do list!



**Compassion** is our quality for October in our **Kindness Curriculum**.  
Compassion is the ability to put oneself into 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 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.





## Mr. Hall's Health & Fitness

### WINNING WAYS TO WELLBEING



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO  
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



# Optimistic October 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face



27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together