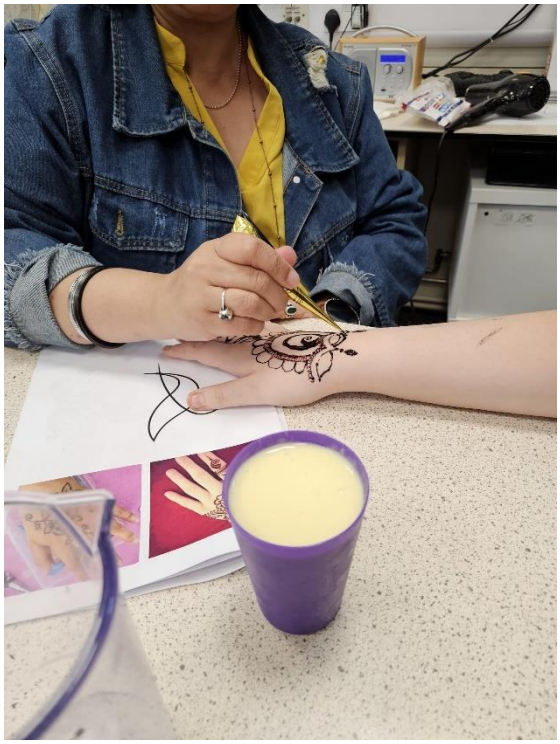
WE'RE HERE FOR

Wellbeing Weekly 25-26

Promoting positive mental health with activities; bath melt making, relaxation, sports,T shirt painting, smoothies and henna.

2025-26 Issue 6, 10 Oct 2025

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

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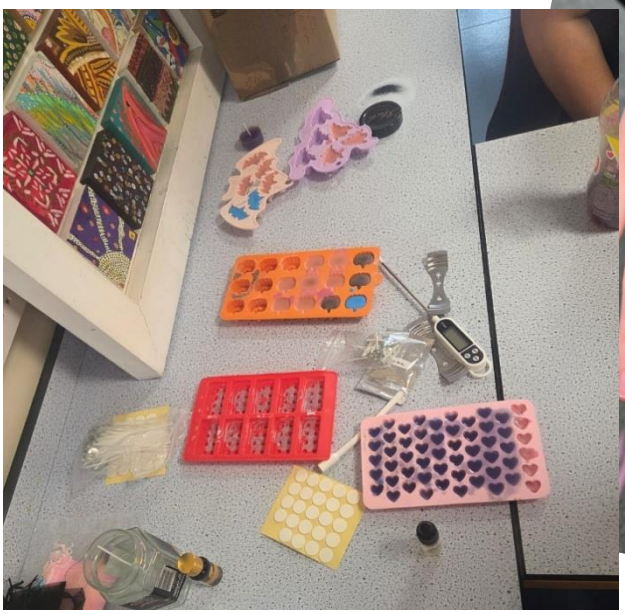
STAR
Mental
Health
Matters

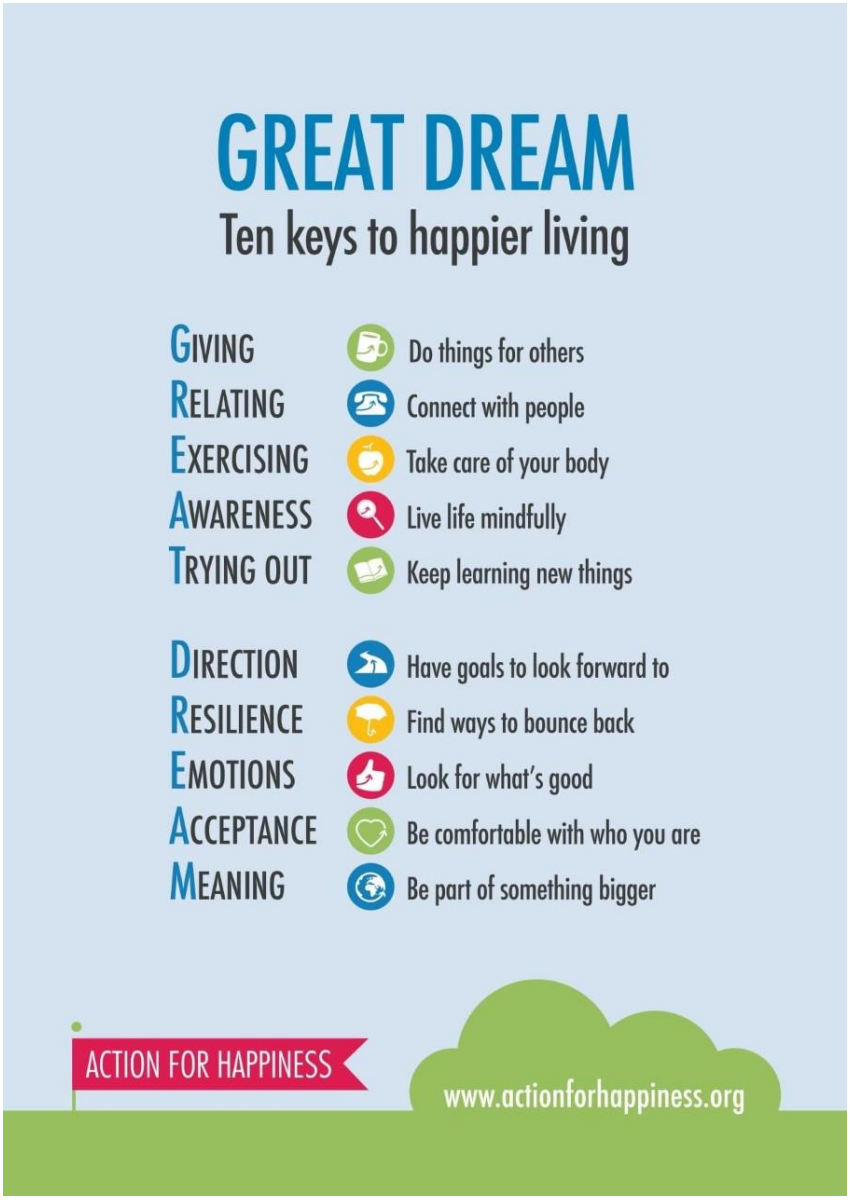
Lily from T3 also visited to describe links with alcohol and drugs and mental health.



Exams can be **stressful.** Some tips to help take some **anxiety** away.

Attend every lesson – the teachers will give all the preparation needed.
Have a goal/plan – see Kelly! So you can see why exams are important!
Do all the work in school and try some at home! We all have to work for the stuff we want, and it is not so bad once you are in the habit.
Exam Day – make sure you've **slept**, had **food**, got some **water**, wearing **warm clothes** and get to us **on time** so we can help you get started.
Take a deep breath and give it your best when you're handed the paper.
Come to school and leave quietly on exam days – move around the building quietly... You can't disturb anyone else on exam day – they'll be **stressing** too!

If you have any concerns linked to exams, please get in touch with the school.



Mental Health Awareness Day was fantastic at Kettlebrook. It was spent learning how to care for ourselves and for others. Thank you to all the staff who arranged the activities and for the students who engaged so positively throughout the day.

WE'RE HERE FOR U

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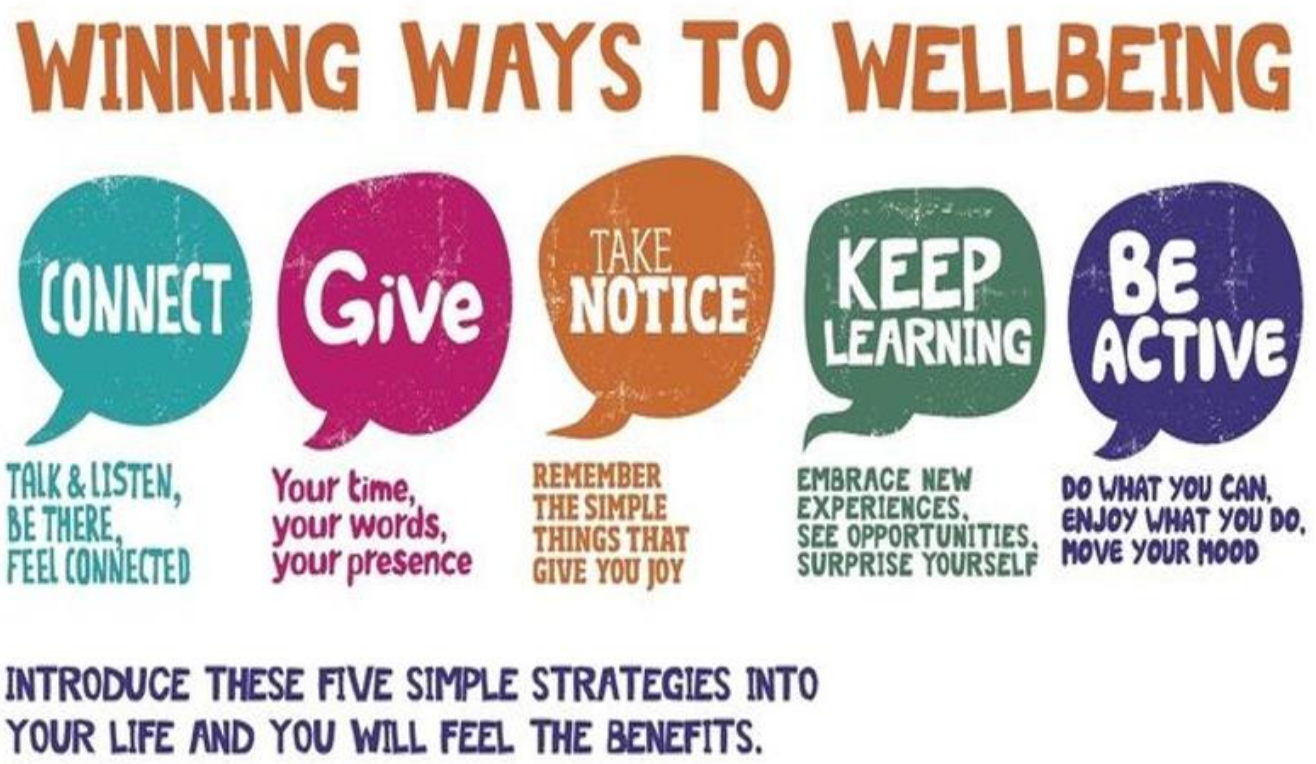
Mr. Hall's Health & Fitness



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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