

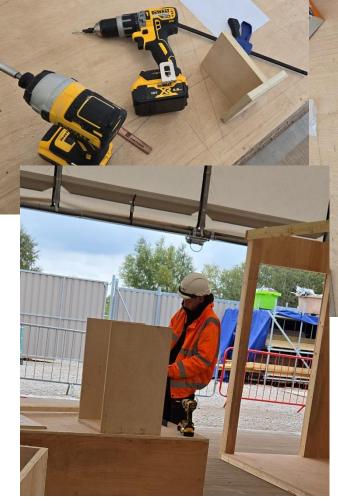
## Wellbeing Weekly 25-26



Work Experience continues to be successful for many students - if you'd like your child to complete

WEX or have a place to offer a student, please get in touch.







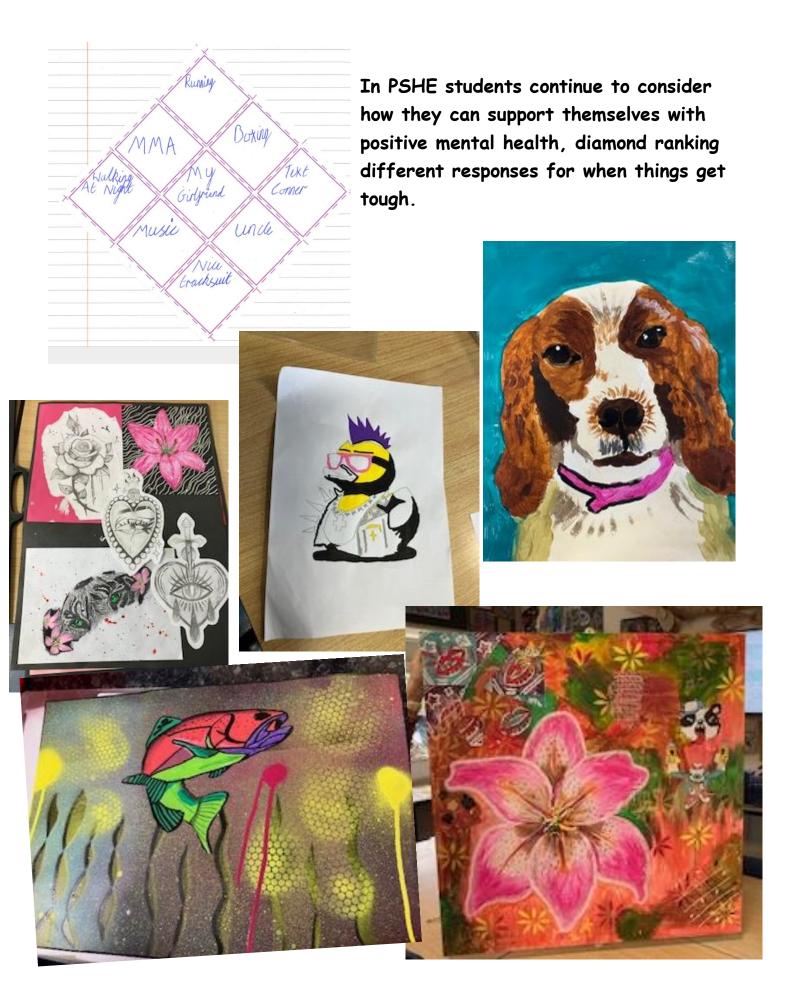
Kettlebrook

2025-26 Issue 6, 10 Oct 2025

Kettlebrook Short Stay School Tel: 01827312840

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hink Killing ever Students in Year 10 have continued to learn about the importance of supporting good mental health with our Five Ways to Day Out Wellbeing. Also, finding out where to seek support if needed, including help Mind on 0300123 3393 153 down lond Proud 016 someone Niw here.



More beautiful work from the students from the Art department - well done all and Mrs Lindley.



### Wellbeing Weekly 25-26



#### Mr. Hall's Health & Fitness

# WINNING WAYS TO WELLBEING



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



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DO WHAT YOU CAN,

MOVE YOUR MOOD

ENJOY WHAT YOU DO.

#### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY October 2025 Start your Be a realistic Write down Take a small something to be day with the optimist. See three things you step towards a optimistic about most important life as it is, can look forward goal that really (even if it's a thing on your but focus on to this month matters to you difficult time) to-do list what's good 12 Look out Make some Avoid Look for Share an blaming yourself for positive progress on a the good in important goal project or task what you have or others. Find news and people around with someone you have been a helpful way reasons to be you today you trust for the better avoiding forward cheerful today 16 Take a small Thank Identify one Put down your Ask for help yourself for step towards a of your positive to-do list and to overcome achieving the positive change qualities that do something to improve an obstacle things you often you want to see will be helpful fun or uplifting a difficult days ahead you are facing take for granted in society in the future 20 Write down Let go of the Share a Recognise You can't Find joy in Find a new expectations hopeful guote. that you have three specific do everything! tackling a task of others and picture or video a choice about things that have What are your you've put off on a problem with a friend or focus on what what to gone well three priorities for some time you face matters to you prioritise recently right now? 28 Be kind to Set a goal Ask yourself. Plan a fun Identify three yourself today. that brings will this still or exciting a sense of Remember, activity to look matter a year progress takes purpose for the for the future from now? forward to coming month time

**ACTION FOR HAPPINESS** 

Happier · Kinder · Together