



Students in year 11 are learning more about **ADDICTION** in PSHE.

Addiction is the dependence on a particular substance or activity.

It is a chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences.

CAUSES As the definition suggests, addiction is caused by a mix of brain circuits, genetics, the environment and life experiences.

SYMPTOMS include:-

- Anxiousness.
- Inattentiveness.
- Lack of motivation.
- Irritability or angry outbursts.
- Changes in personality or attitude.
- Emotional and mental withdrawing from people.
- Sudden mood swings.
- Unexplained paranoia.



The four 'C's of addiction

Compulsion – irresistible urge for the substance or behaviour

Cravings – cravings that mimic physical needs like hunger or thirst

Consequences – negative consequences to your life

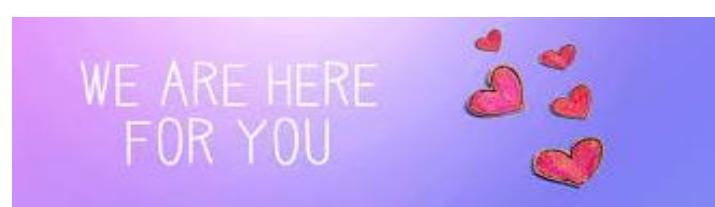
Control – the person has lost control of the use of that substance or behaviour.

SUPPORT – There are a number of agencies that can support with addiction. We can signpost anyone who would like to find out more.

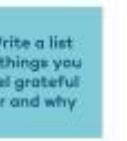
FRANK
0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

2025-26, Issue 17, 16 January 2026

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



Happier January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
5. Look for the good in others and notice their strengths	6. Take five minutes to sit still and just breathe	7. Learn something new and share it with others	8. Say positive things to the people you meet today	9. Get moving. Do something active (ideally outdoors)	10. Thank someone you're grateful to and tell them why	11. Switch off all your tech at least an hour before bedtime
12. Connect with someone near you - share a smile or chat	13. Take a different route today and see what you notice	14. Eat healthy food which really nourishes you today	15. Get outside and notice five things that are beautiful	16. Contribute positively to your local community	17. Be gentle with yourself when you make mistakes	18. Get back in contact with an old friend
19. Focus on what's good, even if today feels tough	20. Go to bed in good time and allow yourself to recharge	21. Try out something new to get out of your comfort zone	22. Plan something fun and invite others to join you	23. Put away digital devices and focus on being in the moment	24. Take a small step towards an important goal	25. Decide to lift people up rather than put them down
	26. Choose one of your strengths and find a way to use it today	27. Challenge your negative thoughts and look for the upside	28. Ask other people about things they've enjoyed recently	29. Say hello to a neighbour and get to know them better	30. See how many people you can smile at today	
	31. Write down your hopes or plans for the future					

ACTION FOR HAPPINESS

Happier · Kinder · Together

Students at ISG learned about Maslow's Hierarchy of Needs with Sarah, our student Social Worker. Maslow's Theory suggests humans are motivated by five levels of needs, often shown as a pyramid: **Physiological** (food, water), **Safety** (security, stability), **Love & Belonging** (relationships, intimacy), **Esteem** (achievement, respect), and **Self-Actualisation** (reaching full potential).



It has been lovely working with Sarah and she has been a fantastic help – we all wish her lots of luck for the future.

2025-26 Issue 16, 16 January 2026

ChatHealth

Speak to a qualified health professional for confidential help and advice. Just send a message, you don't have to give your name. It's quick and discreet and only takes one message where you'll get confidential advice from trained health staff in your area. Whatever's on your mind, the team can help, even if you just want advice for a friend.



Advice for Teens in Staffordshire 07520 615721

- Organisation: Midlands Partnership NHS Foundation Trust
- Service: Staffordshire Families' Health and Wellbeing Service
- For: Young people aged 11-19
- Response time: Within 24 hours, 9am to 5pm Monday to Friday (except bank holidays)

Mental Health Advice in South Staffordshire 07507 330605

Organisation: Midlands Partnership NHS Foundation Trust

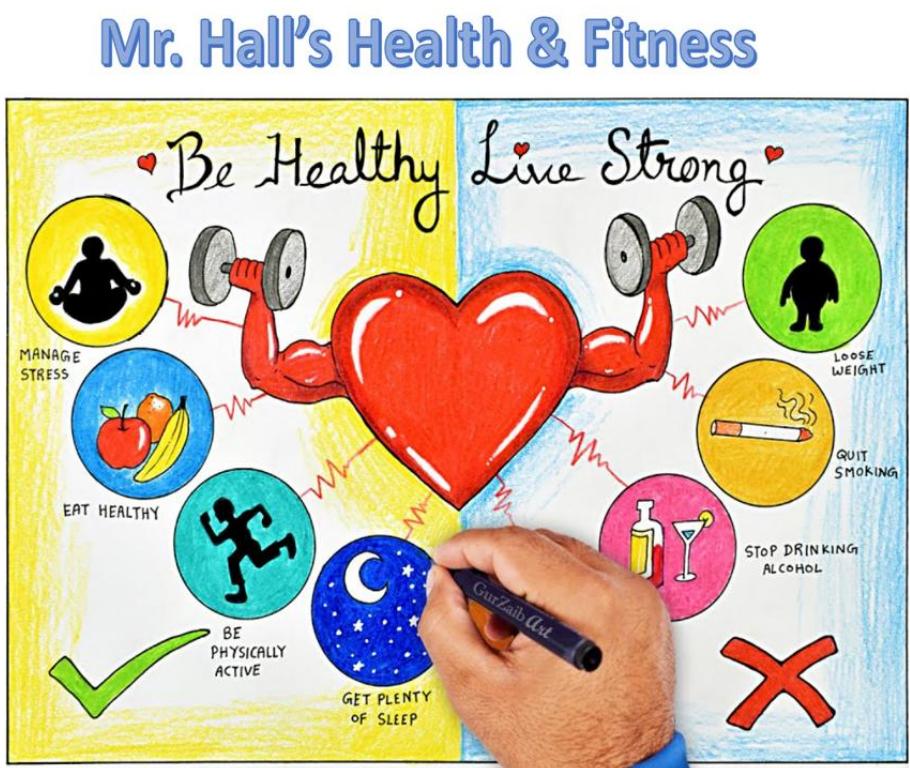
Service: MHSI Hub Team

For: All residents of South Staffordshire

Response Time: Within 1 hour, 24 hours a day, 7 days a week.

Advice for Parents in Staffordshire 07520 615722

- Organisation: Midlands Partnership NHS Foundation Trust
- Service: Staffordshire Families' Health and Wellbeing Service
- For: Parents and carers of all children and young people aged 0-19
- Response time: Within 24 hours, 9am to 5pm Monday to Friday (except bank holidays)





More beautiful art work – well done Lily, Lauren, Rosie and Skye.



Key Stage 3 students are learning about puberty and personal hygiene.

Staffordshire College:

Key dates for open days

South Staffordshire College at Cannock, **Tamworth**, Lichfield and Rodbaston Campuses: Next open day is 17 January.

<https://www.southstiffs.ac.uk/open-days/>

If you can't make 17 Jan, no problem! Attend on one of the other upcoming dates:

Saturday 7th March 2026

Saturday 16th May 2026