



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

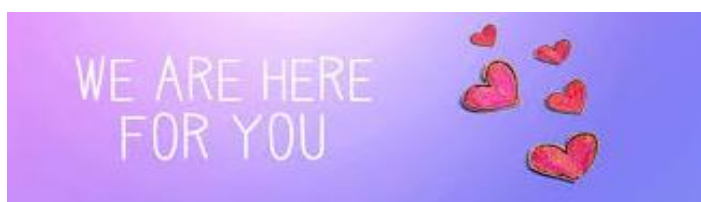
**Control** – the person has lost control of the use of that substance or behaviour.

**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](http://talktofrank.com)  
Friendly, confidential drugs advice

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Kettlebrook Short Stay School  
Tel : 01827312840  
[office@kettlebrook.staffs.sch.uk](mailto:office@kettlebrook.staffs.sch.uk)





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.

# 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

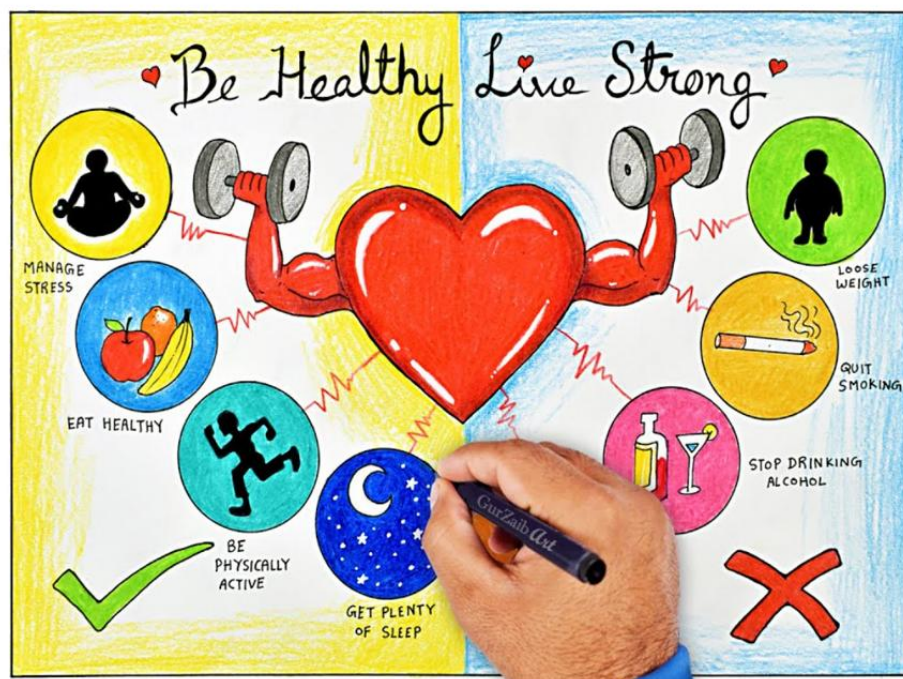
Organisation: Midlands Partnership NHS Foundation Trust  
Service: MHSI Hub Team  
For: All residents of South Staffordshire  
Response Time: Within 1 hour, 24 hours a day, 7 days a week.

## 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)



### Mr. Hall's Health & Fitness







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.southstaffs.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