



Sir Robert Pattinson Academy

Health and Wellbeing Bulletin

Term 1 2021-2022

Welcome back to SRPA for term 1!

Following the introduction of our Health and Wellbeing Bulletin earlier in the year, it was great to see such positive responses to each of the different areas we have identified as a focus.

We are going to send this out at the beginning of each term to promote and share the amazing extra curricular opportunities our academy provides. These timetables are attached to this communication.

The bulletin is designed to highlight ways in which students, parents and staff of the SRPA community can support their own health and wellbeing.



Exercise/Physical Activity

Exercise and physical activity is a very important tool in supporting and improving physical, mental and social wellbeing. Exercise and sport can help improve your mood, relieve stress, develop cooperation skills and develop confidence.

What can you do to improve your activity levels? Look at the activities we offer and get involved!

@srpa_pe



Follow srpa_pe on Instagram

New kits for 2021-2022

Following a vote on Instagram at the end of the last academic year, the following kits were purchased for the start of this term. We can't wait to see the students wearing them in fixtures!

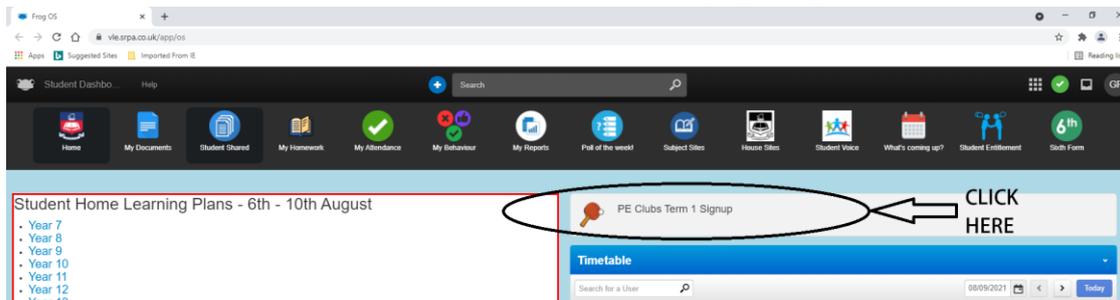


GET INVOLVED

Please see below for the list of sporting clubs you could get involved in during term 1. Look out for further information on voting for term 2 clubs.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch-time	Y7 Table Tennis	Y8 Table Tennis	Y9 Table Tennis	Y10 Table Tennis	Y11 Table Tennis
	Y9 Badminton	Y10 Badminton	Y11 Badminton	Y7 Badminton	Y8 Badminton
After-school			Y7 Football	Y8 Football	
			Y7 Netball	Y9 Football	
			Y8 Netball	Y10 Football	
			Y9 Netball	Y11 Football	

If you would like to be involved in one of the PE/Sports clubs above, please register your interest from the link that can be found on the homepage of your VLE.



Lunch-time clubs start at 12.35pm, with no entry after 12.40pm, students may take part in lunch-time clubs in their uniform. Please bring trainers. Blazers can also be removed.

After-school clubs start at 3.20pm and finish at 4.20pm. Correct SRPA PE kit is required.

Staff Profile

Miss S Wallis

Teacher of Physical Education

I have just started as a PE teacher. I come from a sporting background where I played football and squash, however over the last 5 years I took up running and joined Lincoln Wellington Athletics Club. I first got in to running from going to the Lincoln Park Run where I have met many like-minded people. It is a great event that brings varied abilities together with different goals and aspirations.



When I first started park run in 2016 I ran 20:42 for 5k. I have now reduced that to 16:26 through hard work and training. I love running because it keeps me fit and healthy and there is no better feeling than running a PB you have worked hard towards. My goal is to eventually break 16 minutes over the next 6 months and run 34:30 for the Lincoln 10k at the end of October.

If anyone would like to get involved with parkrun, please click on the link below to register. It is a free event where you can also volunteer if you do not want to run.

<https://www.parkrun.org.uk/lincoln/>

Staff Profile

Miss L Earnshaw

Teacher of Art and Photography



Term time is often very busy for students and teachers alike and we can all forget about looking after our wellbeing. For me, getting out walking, drawing and taking photographs are all hobbies that help keep me happy and allow my brain to slow down a little, look more carefully, see and breathe.

During my summer holidays, I was able to combine all of these activities that make me who I am as an individual and therefore enhance my wellbeing. I am currently completing the 214 Wainwright fells in the Lake District and after completing another 13 over the summer, I have 68 remaining. Sometimes people ask me why I walk up mountains, particularly when it is raining, the mist is low and I am heading out alone. To be honest sometimes I also wonder why but, with every step, I start to focus on the objective of achieving the summit or, some days, 6 summits. My mind calms as I focus on my breathing, I hear the sounds of nature around or purely enjoy the silence. I focus in on using my navigational skills to find my way around the mountains, I stop and take in the views, watch the water running over rocks in the streams and, at the end of the day when I am heading back to my tent, I feel a sense of accomplishment. Having a challenge related to my hobby is a great motivator and the fresh air and physical activity is good for my health.

Often, the places I walk also allow me to focus on my other hobbies and passions, art and photography. During my holiday in Norfolk I took my sketchbook everywhere with me and enjoyed drawing the views around me. Again, it is a chance to stop my brain and focus on the places around me, the details, colours and textures. I always have my phone and camera ready to capture an interesting photograph and how light falls on the world around us is something I love to capture. Looking for photography opportunities focuses my attention away from worries and anxieties that everyday life can bring.

Having a small piece of my art on display as part of a charity exhibition was the icing on the cake and, after the effort I put into my drawing, brings joy and makes me feel proud.



Food and Nutrition

There is a new rewards board in T25. Each week, the name of a star baker for each year group will be placed on the board and awarded house points. Every Term, a Master Chef for each year will be announced and their name etched into a wooden spoon with the SRPA logo. This will remain on display for a term and then be given to the winning student.

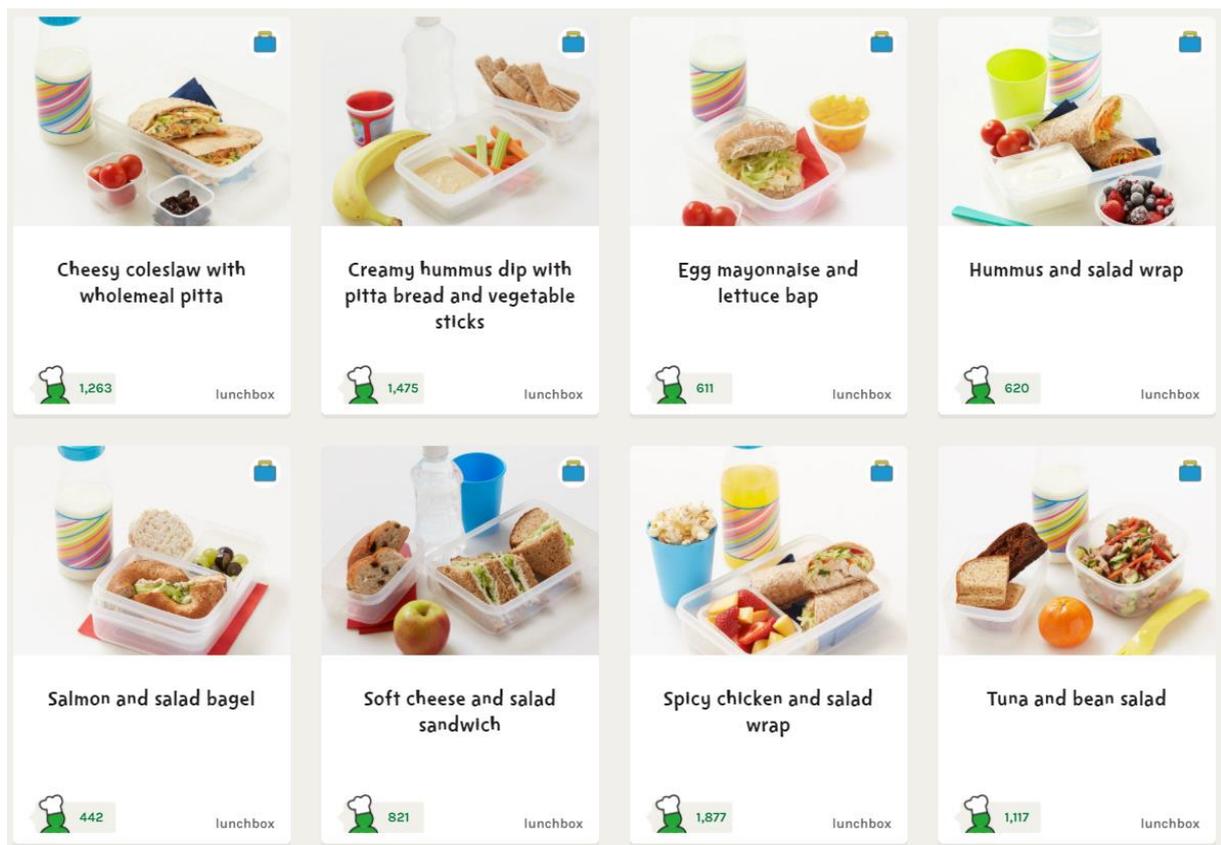
Look out for more news on the return of the SRPA Gourmet Group.

@srpartandtechnology



Follow
srpartandtechnology
on Instagram for
further updates

Healthy Lunchbox Ideas



Get lots of easy-to-prepare ideas that your child will love, as well as tips on what else to put in their lunchbox!

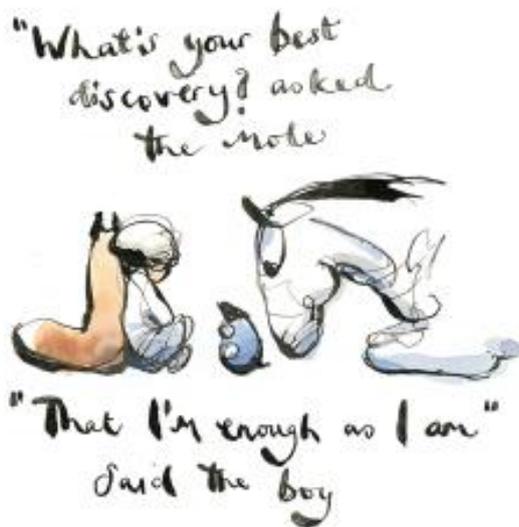
Follow the link below!

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>



SRPA are passionate about helping those in our community. The RP-HUB was set up in conjunction with the Bromhead Medical Charity to support those with mental health issues. The need to address the rise in mental health related issues across the country has accelerated in recent years, notwithstanding North Hykeham. We want to ensure we are doing everything we can to help those within our community to be healthy and happy. That is why we decided to set up a unique, flagship programme for mental health support, here at Sir Robert Pattinson Academy.

Visit <https://srpa.co.uk/students/rp-hub/> for more information



External Links for support

<https://www.kooth.com> (online free confidential support)

<https://www.themix.org.uk> (free confidential support for under 25s)

<https://giveusashout.org> (text service for those in crisis)

<https://youngminds.org.uk> (mental health charity for young people)

<https://web.nrw.nhs.uk/selfhelp/> (a range of self-help leaflets on a number of issues ranging from stress, anxiety & sleeping troubles)

<http://search3.openobjects.com/kb5/lincs/fsd/family.page?familychannel=299> (Emotional wellbeing and mental health information for all sorts of different mental health conditions)

ARE YOU INTERESTED IN CONTRIBUTING TO THE NEXT EDITION OF THIS NEWSLETTER?

If so, contact Mr Fell (gfell@srpa.co.uk)

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