



Sir Robert Pattinson Academy

Health and Wellbeing Bulletin

Term 2 2021-2022

We hope that this bulletin will promote health and well-being; raise awareness of key factors relating to health and well-being and celebrate our students' achievements in this area. We also aim to highlight opportunities for students to get involved in activities that will promote and develop health and wellbeing.

Welcome back to term 2.

Mr G Fell
Head of PE

Why is exercise so important?

No matter what your age or shape you should exercise daily. Not only does exercise tone your body and strengthen your muscles it keeps your bones strong and improves your skin. There are more benefits of exercise -- increased relaxation, better sleep and mood, strong immune function, and more.

For further information visit <https://teens.webmd.com/benefits-of-exercise>.



How much physical activity do kids and teens need?

At least 60 minutes every day.

Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.

And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.



As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity

at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity

at least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.



Walk. Run. Dance. Play. **What's your move?**



Term 2 Sport clubs – Get involved! A

Please see below for the list of sporting clubs you could get involved in during term 2.

SPORTS ACTIVITIES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunchtime	Year 7 Table Tennis	Year 8 Table Tennis	Year 9 Table Tennis	Year 10 Table Tennis	Year 11 Table Tennis
	Y10 Basketball	Y7 Dodgeball	Y8 Dodgeball	Y11 Basketball	Y9 Dodgeball
	Year 9 Badminton	Year 10 Badminton	Year 11 Badminton	Year 7 Badminton	Year 8 Badminton
After school			Year 7 Football	Year 8 Football	Y7, 8 & 9 Basketball
			Year 7 Netball	Year 9 Football	
			Year 8 Netball	Year 10 Football	
			Year 9 Netball	Year 11 Football	
				Girls' Indoor Football	

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

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

School Sport

We were delighted that we were able to return to school sport during last term. A huge congratulations to everyone involved.

Year 7 football



Results:

Won 7-0 vs North Kesteven Academy

Goals: Oliver S x 3, Cohen C, Oscar L, Jayden A, Harry S

M.O.M: Joe M

Won 4-1 vs Priory City Academy

Goals: Oliver S x 4

M.O.M: Cohen C

Year 8 football



Results:

Won 3-2 vs William Farr

Goals: Cameron M x 2, Bailey B

M.O.M: Cameron M

Won 7-0 vs Priory City Academy

Goals: Bailey B x 2, Alex C x 2, Toby M, Reece F, Riley S

M.O.M: Toby M

Year 9 football



Results:

Won 4-2 vs Priory City Academy

Goals: Charlie H, Morgan B, Joe C, Jacob S

M.O.M: Joe C

Year 10 football



Results:

Lost 7-0 vs William Farr

Goals:

M.O.M: Jayden M.P

Lost 7-0 vs Priory City Academy

Goals:

M.O.M: Owen R

Year 11 football



Results:

Lost 4-2 vs William Farr

Goals: Leo W, George B

M.O.M: George B

Lost 2-1 vs North Kesteven Academy

Goals: Tom N, Ethan C

M.O.M: Jamie S

Year 9 netball



Results:

Lost 27-18 vs William Farr

Players' P.O.M: Georgia M

Watch this



We have also entered competitions in Y7 and Y8 netball, girls' indoor football, Y7/8 basketball and table tennis. Please attend relevant clubs to be considered for selection.

@srpa_p



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Instagram

Food and Nutrition

This week has seen the return of our wonderful Gourmet Group. This is open to Year 9 students until the end of January, when it will switch to Year 8.

The group were busy making soda bread and spicy tomato soup with all having wonderful creations.



Pumpkin season

Many of us will be going pumpkin picking and carving out some lovely designs to display. Here are some suggestions to prevent filling up your bins with unnecessary waste.

Keep the seeds and grow your own pumpkins next year.

Aside from the usual soup recipes, add some pumpkin puree to a brownie recipe and see how lovely and moist it makes them.

Why not try something different like this delicious recipe?

@srpartandtechn



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further updates



Pumpkin Cheesecake

- Base - 80g butter, melted
275g digestive biscuits or ginger nuts, crushed.
1 egg white
- Filling - 800g full fat soft cheese.
425g pumpkin puree
200g light brown soft sugar
50g plain flour
5 large eggs plus 1 egg yolk
- Serve – 400ml whipping cream
Ground cinnamon
25g chopped pecans
3 tablespoon caramel sauce

Step 1 – heat the oven to 200°C. Butter a deep 22cm loose-bottomed cake tin and line with baking parchment. Wrap the base and side of the tin with 3 layers of cling film, followed by 3 layers of foil (this helps keep it waterproof during baking). Fold a clean tea towel and put it in the base of a large roasting tin.

Step 2 – Blitz the biscuits to crumbs in a food processor. Add the melted butter and pulse to coat the crumbs. Tip the mixture into the prepared cake tin, spreading up to the side and pressing down with the back of a spoon. Bake for 10 minutes. Remove from the oven, brush with the egg white and bake for another 3 minutes (this will stop the base from becoming soggy).

Step 3 – to make the filling, put the soft cheese in a bowl of a stand mixer, and beat with an electric whisk until loosened. Add the pumpkin puree, sugar and flour and beat again until combined. With the motor running, gradually add the eggs and egg yolk until the mixture is smooth and creamy. Pour the filling over the baked biscuit base, then sit the cake tin on the tea towel in the roasting tin. Pour a kettle of just boiled water into the roasting tin so the water comes halfway up the side of the cake tin.

Step 4 – Bake for 10 minutes, then reduce oven temperature to 90°C and bake for a further 1hr30mins until the cheesecake is set with a slight wobble. Leave to cool in the oven with door open for 2 hours, then chill overnight.

Step 5 – Carefully remove the cold cheesecake from the tin to a cake stand. Spoon whipped cream over the cheesecake and dust with cinnamon. Sprinkle chopped pecans and drizzle caramel sauce before serving.

Lincoln 10k 2021 – Sunday 31st October

Congratulations to all our members of staff from SRPA who braved the torrential rain on Sunday 31st October to complete the Lincoln 10k. Mrs F Swindale managed a PB despite the awful conditions and Miss Wallis, who runs for Lincoln Wellington Athletic Club, was second in the female elite race with a fantastic time of 35min 39sec.

Staff members who completed the event were Miss L Earnshaw, Mrs A Goffe, Mrs L Keogh, Mrs A Ransome, Mrs F Swindale, Miss S Wallis and Mr P Ward.

<https://thelincolnite.co.uk/2021/10/soggy-but-worth-it-lincoln-10k-2021-results-and-gallery/>

<https://www.lincolnshirelive.co.uk/news/lincoln-news/live-lincoln-10k-updates-thousands-6131271>



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

Always
be
kind



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)

Via diversa vita una