



# Sir Robert Pattinson Academy

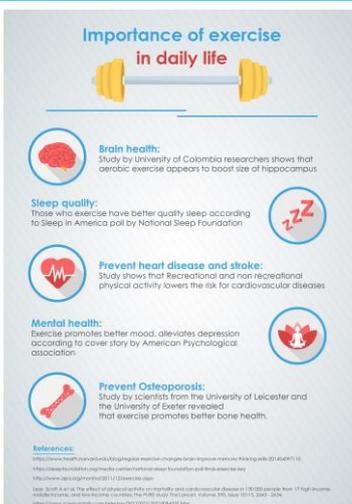
## Health and Wellbeing Bulletin

Term 3 2021-2022

Welcome back! I hope you are feeling refreshed and looking forward to a fabulous 2022. Our health and wellbeing bulletin has been very well received, therefore, we will continue to promote health and wellbeing, raise awareness of key factors relating to health and fitness and also celebrate our students' achievements as we transition through the year.

Have a fantastic term 3.

Mrs M Fragle  
Teacher of PE



## How to make fitness goals that you will stick to in 2022.

- **Be realistic** - the best exercise plan is one that can be adhered to throughout the year
- **Be specific** - what do you want to achieve? Is it strength improvements or is it general fitness? If so, give yourself targets and challenges to work towards. This will help you to plan your training programme and boost your motivation.

- **Ask for help** - gain some expert advice from your PE teacher or you could use a personal trainer. Also, enlist a workout buddy for moral support and motivation.
- **Set time frames** – which link to short, medium and long term goals which will help to focus your exercise routine/programme and keep you on track.
- **Make it easy for yourself** – ensure that your exercise programme or physical activity works for you; not only in terms of the type of exercise, but that it fits into your daily routine/lifestyle.

Lastly, but most importantly,

- **Make it fun** - there are so many different types of exercise and physical activities. Try something new to see if you enjoy it such as yoga, rugby, dancing, cycling, rock climbing.
- **Make school sports activities part of your fitness goal!**

# Term 3 PE clubs – Get involved in school sport

Please see below for the list of sporting clubs you could get involved in during term 3.

SPORTS CLUBS & ACTIVITIES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunchtime 12.30 - 1pm	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 3.30 - 4.30pm	KS4 Sports Science support C211	GCSE PE Revision C211	Year 7 & 8 Rugby	Year 7 Football	Y7, 8 & 9 Basketball
	CTEC Sport drop in C211		Year 7 Netball	Year 8 Football	
	A Level PE drop in C211		Year 8 Netball	Year 9 Football	
			Year 9 Netball	Year 10 Football	
			KS4 Sport Science support C211	Girls' Football	

For all sports clubs, please sign up on your VLE home page and register at the PE changing rooms.

Lunch-time clubs start at 12.35pm, **no entry after 12.40pm**. Students may take part in lunch-time clubs in their uniform and blazers can be removed. Trainers should be worn.

## School Sport

We saw an increased pace and participation in school sporting fixtures last term. A huge congratulations to everyone involved!

### Year 7 football



#### Results:

**Won 4-2 vs Boston Grammar County Cup Match**

Goals: Oliver S x 2, Harry S x 2

M.O.M: Ollie D

### Year 10 football



#### Results:

**Lost 2-1 vs North Kesteven Academy**

Goals: Charlie C, Jay R

M.O.M: Noah S

## Year 7 netball



### Results:

**Lost 7- 0 vs Priory LSST**

First game of the year as a full team with fantastic effort from all.

P.O.M: Neve G

## Year 9 netball



### Results:

**Lost - 15-8 vs Priory LSST**

P.O.M: Georgia M

### Cross-country

House cross-country completed for Y7-9, results below:

Overall Y7	
1st	Lancaster
2nd	York
3rd=	Tudor
3rd=	Windsor
5th	Stuart

Overall Y9	
1st	Windsor
2nd	Tudor
3rd	Lancaster
4th	York
5th	Stuart

Overall Y8	
1st	Lancaster
2nd	Tudor
3rd	Windsor
4th	Stuart
5th	York

Watch this



District Cross-country championships took place on Thursday 9<sup>th</sup> December. Results of all our runners to follow.



@srpa\_p

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## Food and Nutrition

The Gourmet Group have been creating some amazing food after school and tracking the seasonal trends. November saw the group make some lemon and poppy seed biscuits, decorated to look like poppies. In December they will be making ginger bread houses.



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further updates



After what has, hopefully, been a very indulgent Christmas, the New Year is a time to cleanse and start a fresh.

One way to do this is to rethink our diet and try to make resolutions to eat less takeaways and healthier, homemade meals.

A great website to look at is this one:

<https://www.delish.com/cooking/recipe-ideas/g3166/cheap-easy-recipes/>



### Baked Ziti (serves 6)

- 350g ziti (pasta)
- 1 tbsp extra-virgin olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- Pinch crushed red pepper flakes
- 500g minced beef
- 2 tbsp tomato puree
- 1 tsp dried oregano
- 1 can crushed tomatoes
- 200g ricotta (preferably whole milk)
- 2 tbsp thinly sliced basil, plus more for serving
- 60g freshly grated Parmesan
- 150g grated mozzarella

Preheat oven to 180°C. In a large pot of boiling water, cook pasta until very al dente. Drain. In a large saucepan over medium heat, heat oil. Add onion and cook, stirring often, until onion is soft, for about 5 minutes. Stir in garlic and red pepper flakes and cook for 1 minute. Add meat and season with salt and pepper. Cook until no longer pink, for about 6 minutes, then drain and discard fat. Stir in tomato puree and oregano and cook for 2 minutes more, until slightly darkened. Add crushed tomatoes and season with salt and pepper. Bring the sauce to a simmer; reduce heat and cook, stirring occasionally, until slightly reduced, for 15 to 20 minutes. Remove from heat and stir in basil. In a large bowl, combine sauce and pasta. Fold in ricotta, leaving large clumps. Spread about half the pasta mixture into the bottom of a 9"-x-13" baking dish. Sprinkle half the mozzarella and half the Parmesan over the pasta. Top with the rest of the pasta mixture and sprinkle with remaining cheeses. Cover with foil and bake until cheese is bubbling, for about 20 to 25 minutes. Garnish with more basil.



**RP-HUB**

Supporting Mental Health  
in North Hykeham

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.

#### 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.ntw.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 Mrs Fragle ([Mfragle@srpa.co.uk](mailto:Mfragle@srpa.co.uk))