



Sir Robert Pattinson Academy

Health and Wellbeing Bulletin

Term 1 2022-2023

Welcome back after the summer break, with a special welcome to all our new students and families. I hope you have had a restful summer and you enjoyed opportunities to relax and have fun. There has been a great deal of change nationally since our time back in the academy with the passing of the Queen and changes within our government. But rest assured, one thing that has not changed is our issuing of the health and wellbeing bulletin. You will be pleased to know that this will continue each term, focusing on promoting and raising awareness of key factors relating to health and wellbeing and also to celebrate our students' achievements as we transition through what already seems to be a rapidly moving year.

Exercise/Physical Activity

Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Our health is now suffering as a consequence.

People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, clinical depression, dementia and Alzheimer's disease.

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day

More information can be found here (<https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>)

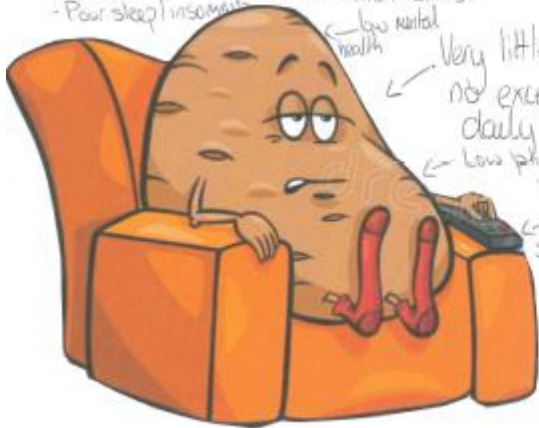
Below are 2 examples of Year 10 GCSE PE recent work on sedentary lifestyles

Sedentary Lifestyle

→ Definition: A lifestyle with a lot of sitting down and lying down, with little to no exercise.

→ Potential Consequences include:

- Gaining Weight
- Heart disease
- Hypertension
- Diabetes
- Poor sleep/insomnia
- Lower self-esteem/confidence
- Feeling tired/fatigued
- Having lack of friends/poor communication skills



As a general goal, aim for at least 30mins of moderate physical activity every day.

If you get moderate daily exercise, some benefits may include -

- Better self-esteem/confidence
- Lower risk of illness/disease
- Better sleeping pattern
- Improved social skills

When you exercise, you release serotonin (makes you feel happy), so you will feel better about yourself leading to better physical health and well-being, better social health and well-being, and better mental health and well-being.



Risks of Living A Sedentary Lifestyle.

Sedentary lifestyles can have major links to negative effects on peoples mental, physical and social well-being.

Mental:

- Living a sedentary lifestyle could impact peoples mental health by them having a bad image about themselves because they could be overweight.

Social:

- Living a sedentary lifestyle can link to people having social problems, as they are very solitary they don't get the chance to talk and communicate with others, this could also massively impact their mental health.

Physical:

- Living a sedentary lifestyle can affect a persons physical state by possibly leading to obesity and risk of many diseases and health issues.

Engaging in regular physical activity comes with many of health benefits, mentally, socially and physically, reducing risk of chronic diseases increasing daily energy levels, and even improving work productivity!

Living a sedentary lifestyle can link to being obese and health and wellbeing!

Sedentary lifestyles increase all causes of mortality, risk of cardiovascular disease, diabetes and increase risk of colon cancer, high blood pressure depression and anxiety.

Studies have been proven that sitting for long periods of time is thought to slow the metabolism which affects the bodys ability to regulate blood sugar, blood pressure and break down body fat. → (government guidance).

Get involved with our sports clubs at SRPA

Sports CLUBS & ACTIVITIES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Break 2 12.40 - 1.10pm	Year 7 table tennis	Year 8 table tennis	Year 9 table tennis	Year 10 table tennis	Year 11 table tennis
	Year 9 badminton	Year 10 badminton	Year 11 badminton	Year 7 badminton	Year 8 badminton
After school 3.20 - 4.20pm	Girls' Active (invite)	Cricket - all years	Netball - all years	Football - Y8-Y11	Basketball Y7-10
	Badminton - all years	Football - Year 7		Basketball - girls	

For all sports clubs, please line up outside of the PE area.

Lunch-time clubs start at 12.45pm, **no entry after this point**. Students may take part in lunch-time clubs in their uniform and blazers can be removed.
Trainers should be worn.

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

Academy Sport

With the new academic year comes a new sports season and fixture list. Term 1 sees the start of the football and netball seasons. With district league, county cup and national cup fixtures to look forward to. There were positive starts to the season for the Year 8 and Year 9 teams with 6-3 and 6-1 victories over Priory City of Lincoln Academy. A Cameron M hat-trick and 3 assists was the stand out performance for the Year 9s. The Year 10 team made a winning start to the league campaign with a 4-0 win over Lincoln Minster but unfortunately came out second best in the national cup fixture against Kings, Grantham. The Year 11 team are currently missing the win their performances deserve. They suffered a 2-1 defeat in the league against Branston, having to play half the game with 10 men following an injury. An extra-time winner for Carre's Grammar, Sleaford knocked them out of the National Cup.

In term 2, there will be fixtures in basketball and girls' 5-a-side football, plus the district cross-country championships which will take place on Friday 18th November.

We will be looking to further develop our rugby, with an after-school club starting in term 2 and fixtures to follow.

House Sport

September saw the start of our House football competitions. The Year 7s played their first fixtures on 28 September with further fixtures scheduled for 5 and 12 October. Competitions for the other year groups will follow this.

A table tennis House competition will take place in term 2.

Year 7 Football fixtures



Wednesday 5 th October	v. Priory Witham (home)	League
Monday 10 th October	v. The King's School (away)	National Cup 2 nd round
Tuesday 28 th February	v. Priory City (away)	League
Wednesday 8 th March	v. Branston CA (away)	League
TBA	v. North Kesteven	League
TBA		County Cup



Year 8 Football fixtures



Tuesday 20 th September	v. Priory City (home)	League	Won 6-3
<i>Goals: Freddie Z x2, Kai C x2, Harry S x2</i>		<i>M.O.M. Freddie Z</i>	
Thursday 6 th October	v. William Farr (away)	National Cup 2 nd round	
Thursday 13 th October	v. Minster (home)	League	
Wednesday 19 th October	v. Branston CA (home)	League	
TBA	v. North Kesteven	League	
TBA		County Cup	

Year 9 Football fixtures



Tuesday 20 th September	v. Priory City (home)	League	Won 6-1
Goals: Cameron M x 3, Fraser I x2, Lennon S	M.O.M. Cameron M		
Wednesday 5 th October	v. William Farr (away)	National Cup 2 nd round	
Tuesday 11 th October	v. Minster (home)	League	
Wednesday 22 nd February	v. Priory Witham (away)	League	
Wednesday 8 th March	v. Branston CA (away)	League	
TBA	v. North Kesteven	League	
TBA		County Cup	

Year 10 Football fixtures



Tuesday 27 th September	v. Minster (home)	League	Won 4-0
Goals: Josh M, Morgan B x 2, Charlie D	M.O.M. Morgan B		
Monday 3 rd October	v. The King's School (home)	National Cup 2 nd round	Lost 0-7
Goals:	M.O.M. Max S		
Thursday 6 th October	v Branston CA 'B' (home)	League	
Wednesday 19 th October	v. Branston CA (home)	League	
Tuesday 28 th February	v. Priory City (away)	League	
TBA	v. North Kesteven	League	
TBA		County Cup	

Year 11 Football fixtures



Tuesday 27 th September	v. Branston CA (away)	League	Lost 1-2
Goals: O.G.	M.O.M. Jay R		
Friday 30 th September	v. Carre's Grammar (home)	National Cup 1 st round	Lost 1-2 (AET)
Goals: Jake M	M.O.M. Jacob W		
Tuesday 11 th October	v. North Kesteven (home)	League	
Wednesday 22 nd February	v. Priory Witham (away)	League	
Tuesday 28 th February	v. Priory City (away)	League	
TBA		County Cup	

Year 7 Netball fixtures

Tuesday 8 th November	v. Priory LSST (away)	League
Tuesday 28 th February	v. Priory City (away)	League
Wednesday 8 th March	v. Branston CA (away)	League
TBC	v. Minster (home)	League



Year 8 Netball fixtures

Tuesday 11 th October	v. Priory LSST (away)	League
Wednesday 19 th October	v. Branston CA (home)	League
TBC	v. North Kesteven	League
TBC	v. Priory City	League
TBC	v. Minster (home)	League



Year 9 Netball fixtures

Tuesday 8 th November	v. Priory LSST (away)	League
Wednesday 22 nd February	v. Priory Witham (away)	League
Wednesday 8 th March	v. Branston CA (away)	League
TBC	v. Minster (home)	League
TBC	v. Priory City (away)	League



Year 10 Netball fixtures

Tuesday 11 th October	v. Priory LSST (away)	League
Wednesday 19 th October	v. Branston CA (home)	League
Tuesday 28 th February	v. Priory City (away)	League
TBC	v. North Kesteven	League
TBC	v. Minster (home)	League



@srpa_pe



Food and Nutrition

We have got off to a wonderful start in Food and Nutrition. SRPA have joined the Biteback30 movement, see link for more details (<https://www.biteback2030.com/>). There is a wonderful team of KS3 students working on this with me each week. Year 10 Hospitality and Catering students entered their first competition last week, with the brief of setting a table for 4 people. This year SRPA are taking part in the Futurechef competition with a mix of Year 9-11 students taking part. The school heats will take place on 18th October, with 2 students going through to represent SRPA in the local stage.

@srpartandtechnology



Slow Cooker Sticky Toffee Pudding



Autumn is a wonderful season for harvesting amazing vegetables and fruit. Try changing the recipe, so instead of using dates, use locally grown apples, pears or even pumpkin in the pudding.

I have included this recipe as using the slow cooker is more cost effective than using the oven or microwave.

<https://www.bbcgoodfood.com/recipes/slow-cooker-sticky-toffee-pudding>

INGREDIENTS

- 250g pitted dates, chopped
- 100g butter, plus extra for the basin
- 4 tbsp treacle
- 1 tsp vanilla extract
- 250g light brown sugar
- 300ml double cream
- 2 eggs, lightly beaten
- 200g self-raising flour
- 1 tsp bicarbonate of soda
- Vanilla ice-cream to serve

METHOD

STEP 1: put the date in a heatproof bowl, cover with 150ml water and leave to soak for 30 minutes. Butter a 1 litre pudding basin and line the base with baking parchment.

STEP 2: tip half the butter, half the treacle, the vanilla, 75g of the sugar and the cream into a pan set over a medium heat. Cook for 4-5 minutes, stirring, until the sugar dissolves. Turn up the heat, bubble for 3 minutes, then whisk in a pinch of salt. Pour a third of the sauce into the basin.

STEP 3: beat the remaining butter, treacle, sugar and the eggs together, then fold in the flour, bicarb, ¼ tsp salt, the dates and their soaking liquid. Spoon into the basin and smooth the surface, leaving a 1cm gap from the top. Cover with a double layer of baking parchment and foil, making a pleat in the middle so the pud can expand. Secure with kitchen string.

STEP 4: set the slow cooker to low. Sit the basin inside, then add boiling water so it comes halfway up the basin. Cover and cook for 7-8 hours. Run a knife around the edge of the pudding and turn out onto a plate. Reheat the remaining sauce and pour over the pud. Serve with ice-cream.

Ros Christopher Centre

Why the RCC?

Ros Christopher was a well-loved member of the SRPA staff body for a considerable period of time. Always willing to support her colleagues, she was valued highly and regarded by all who had the pleasure of working with her.

Sadly, we lost Ros to COVID-19 in late 2021 and it therefore felt a fitting tribute to name our re-branded support provision in her name.

What is the RCC?

To coordinate, execute and measure the impact of a range of wellbeing, pastoral, behavioural and therapeutic interventions in support of the 'whole child' at the Academy. The intent being that we can support more pupils to reach their full potential and to be happy, healthy and thrive in their endeavours.

Our vision is for a timetable of interventions, which the pastoral, safeguarding and SLC teams can recommend to pupils to receive on a rota basis triaged by our senior pastoral leader in conjunction with the Deputy Head (Behaviour, Attendance and Safeguarding). The Lincolnshire County Council Behavioural Ladder of Intervention (PSP) and Emotionally Based School Avoidance Ladder (EBSA) will also be led from the RCC by our senior mental health leaders: Mrs R Gilbert (Deputy Head Teacher) and Mr C Turner (Senior Pastoral Leader). Planned interventions include:

- Mental Health/Resilience/Counselling
- Happiness lessons
- 5 point scale
- EBSA
- Attendance interventions including Attendance panel meetings
- A2L pastoral interventions
- PSP reviews
- A2L booster and booster + interventions
- Internal suspension support
- Year 7 transition nurture group
- Post alternative provision interventions
- Social Emotional Mental Health groups including EBSA pupils



Our professional counsellors are able to offer services to people suffering with mental health issues.

We aim to give the young people in our Academy the tools to overcome their mental health challenges and the resources to feel happy and healthy.

If you have any questions, please contact Mr C Turner.



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

If so, contact Mrs Fragle (mfragle@srpa.co.uk)



Via diversa vita una