



Sir Robert Pattinson Academy

Health and Wellbeing Bulletin

Term 3 2023

Welcome back I hope you had a restful break and are looking forward to a prosperous 2023. As we enter the new year it already looks like we have some busy months ahead of us within the academy, with up and coming mock examinations for Year 11 and the options week for Year 9. We also have rehearsals ongoing for the school production of We Will Rock You which I can assure you will be a great spectacle and a show not to be missed. Have a fantastic term 3.

Mrs M Fragle
Teacher of PE



Couch to 5K

A running plan for beginners

Find out more and download the weekly podcasts by clicking the boxes below

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

[Download podcasts from iTunes](#)

How do I get started?

1. Download the Couch to 5K podcasts to your mobile device or computer. If downloading to a computer, you'll then need to copy the podcast on to your mobile device.
2. When will you run? The best way to ensure you stick with your running plan is to carefully work out how to fit Couch to 5K into your day.
3. Plan your route. You may want to look at a map to plan your route first so you can focus on running. There are lots of great websites out there to help you with this.
4. Think about safety. If you're planning to run outdoors, bear in mind that you may be less aware of your surroundings if you're wearing headphones. Watch out for other pedestrians, cyclists and vehicles. When running in the dark, make sure you can see where you're going and that other road users can see you. Consider running along routes with adequate lighting or wearing reflective clothing.
5. What gear? The most essential piece of kit is a pair of running trainers.

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/>

Fitness goals for 2023.

If any of you are starting 2023 with plans to set yourself a fitness target the NHS Couch to 5K plan may be a good starting point.

The programme was initially devised by a runner called Josh Clark who wanted to support his 50-year-old mother in starting running.

The plan gives you clear activities and targets each week in order to build up to be able to run 5km in 9 weeks.

Running is a good aid to improving physical health. Mental health benefits include stress relief, boosting self-confidence and self-belief when setting targets and achieving those goals.

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
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	Badminton - all years	Girls' football Y7-10	Netball - all years	Football - Y8-Y11	Basketball Y7-10
	Y11 Sport Science intervention (RO42)	Football - Year 7	Rugby - Y7-8	Basketball - girls	
			House basketball competitions	Y8-9 Benchball	

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

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.

Cross-country

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

Year 7

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

Year 8

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

Year 9

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

Cross-country

Lincoln and Gainsborough District Cross-Country Championships 2022

On Friday 18th November, 40 students from Year 7-11 competed in the Lincoln and Gainsborough District cross-country championships at the University of Lincoln, Riseholme Campus.

There were some very positive performances from SRPA students. Notable finishes include Finley M 17th and Jayden L 24th in the Y7 boys; Marissa N 24th in the Y7 girls; Rowan W 5th, Oliver S 10th and Jack M 23rd in the junior boys; Leila H 28th in the junior girls; Josh M 22nd in the intermediate boys; and Emily K 9th, Elsie G 10th and Grace M 12th in the intermediate girls.

The following have qualified for the county cross-country championships at Stamford in January: Emily K, Elsie G, Grace M, Finley M, Rowan W and Oliver S.

Good luck in the next round which is taking place on Saturday 14th January 2023 at Burghley House.

Upcoming sports events and fixtures

Saturday 14th January – County cross-country championships, Burghley house, Stamford

Monday 23rd January – Y8 girls' benchball at LCHS

Monday 30th January – Y9 girls' benchball at LCHS

Tuesday 31st January – Y7/8 basketball tournament at Priory LSST

Tuesday 7th February – Y9/10 basketball tournament at Branston Academy

House competitions

Key Stage 3 house competitions are ongoing. On Wednesdays during January, Year 8 basketball competitions will be taking place. If you are interested speak to your R2L tutor or Mr Whitley.

Badminton competitions will be starting towards the end of January. Keep your eye out for further information.



Food and Nutrition

Last term year saw SRPA's first year of entering Springboard Futurechef. This is a competition open to all students in Years 9 to 11. Students had to make a main meal for two people with a budget of no more than £5. Two students from Year 11 represented the Academy at the second stage of the competition held at Nottinghamshire Catering College. Both students prepared and cooked two amazing dishes in professional kitchens watched and judged by Michelin starred chefs. It was only the winning student that went through to the next round and we missed out narrowly with one of our students taking second place.



INGREDIENTS

- Low calorie cooking spray
- 2 large onions - diced
- 2 celery sticks - sliced
- Green, red and yellow peppers – deseeded and diced
- 4cm piece fresh root ginger – peeled and finely grated
- 2 garlic cloves – crushed
- 1 level tsp Cajun seasoning
- 1 tsp Cayenne pepper
- 500ml hot vegetable stock
- 400g can chopped tomatoes
- 280g pack Quorn vegan pieces
- 250g dried long grain rice
- 200g okra
- 400g can red kidney beans – drained and rinsed
- 2 tsp juice from an unwaxed lemon

METHOD

STEP 1 – spray a large non-stick frying pan with cooking spray and cook the onion, celery and peppers for 5 minutes. Add the ginger and garlic and cook for a further minute. Stir in the spices and a third of the stock and cook for 2-3 minutes.

STEP 2 – add the tomatoes, Quorn and another third of the stock, bring to the boil and add the rice. Cover and simmer for 10 minutes.

STEP 3 – Stir in the okra and kidney beans and bring back to the boil. Add the remaining stock and simmer for 10 minutes until the rice is cooked and most of the liquid has been absorbed. Stir in the lemon juice and season to taste.

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Vegetable Jambalaya



This is my least favourite time of year, I always feel that January is the Monday of months, so I need comfort food. This is an amazing recipe and not only fits in with “Veganuary”, it is healthy too.

<https://www.slimmingworld.co.uk/recipes/vegetable-jambalaya>

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

<https://actionforhappiness.org/>

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=2_9_9 (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)

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