

Sir Robert Pattinson Academy

Health and Wellbeing Bulletin

Term 4 2023

Welcome back to what will hopefully be a warmer and brighter term.

The Academy has had an incredibly busy last term with a truly formidable production of 'We Will Rock You', many sporting fixtures taking place and the development of the sixth form fitness suite.

Term 4 continues to be a busy one with Year 11 and Year 13 staff and students preparing for GCSE and A level examinations.

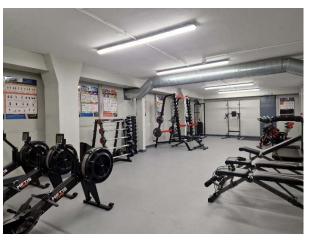
Have a great term 4.

Sixth Form Fitness Suite

Over the past term, the site team have done a great job in converting our old PE storage area into a fitness suite that will be (primarily) used by our sixth form students.

Inductions have been delivered by the PE department and the gym will open for student use on Monday 27 February.









Term 4 PE Clubs – Get Involved in Academy Sport

Please see below for the list of sporting clubs you could get involved in during term 4.

	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	
			competitions		

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.

Benchball

Our Year 8 & 9 girls who have been part of our girls active group, as well as individuals who have shown exceptional effort in PE lessons, went to Lincoln Christ's Hospital School to compete in a Benchball tournament during term 3.

Our Year 8 girls achieved 3rd place in the tournament working together effectively and displaying great skills across the pitch.

Additionally, our Year 9 girls achieved a very creditable 2nd place just missing out on 1st place by a few goals. It was a pleasure for Miss Howick and Mrs Fragle to take the students, who represented the Academy impeccably. After lots of positive feedback from the girls, we will look to sign up for more Benchball events in the future.





Basketball

In term 3 we competed in basketball tournaments at Priory LSST for Year 7 & 8 and Year 9 & 10 students.

Our Year 7 & 8 basketball team came up against some tough opposition. There were some close games but, unfortunately, we came up short. A few debuts to remember with half the team playing their first competitive basketball matches. All students displayed great attitude and effort.

Our Year 9 & 10 team provided some excellent performances with the team finishing 3rd overall. Finley T made his first start as point guard. Other standout performers were Aaron B with the most baskets and Sam M with the most blocks.









Food and Nutrition

This has been a busy time with Year 11 students preparing for their practical examination, which takes place soon. Year 10 students have been developing their high-level skills and practising lamination in pastry making croissants and Danish Pastries. We started this term with Year 10s making Japanese Fluffy Pancakes, a slight twist on the usual pancakes we eat on Shrove Tuesday. KS3 students continue building on the skills needed for taking their food journey on through KS4.







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Japanese Fluffy Pancakes



INGREDIENTS

- 150g self-raising flour
- 1/4 teaspoon baking powder
- 2 tablespoons caster sugar
- 2 eggs
- 1 tbsp oil
- 180ml milk
- Dash of vanilla extract
- Oil or oil spray for cooking

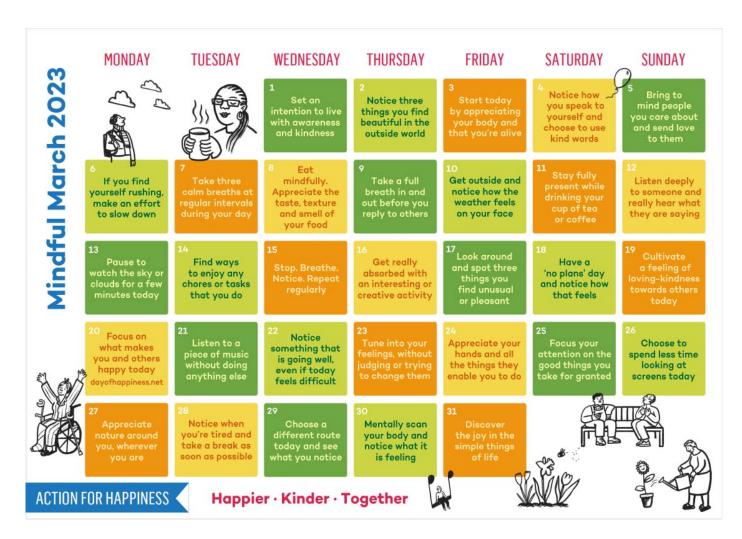
METHOD

STEP 1 – sift the flour and baking powder into a bowl and add the sugar. Make a well in the centre and add the eggs and oil. Stir them into the flour, then gradually add the milk and use a whisk to beat the liquid in. an electric whisk is best, whisk until it is fluffy. This batter is best used quickly.

STEP 2 – Put a non-stick pan over a low heat and put one or two crumpet rings in the pan. Spray (or brush) the pan lightly with oil and the inside of the rings. Fill them no more than ¾ full with batter then cover the pan with a lid and cook the pancakes for about 10 minutes on a very low heat. By this time the top of the pancake should be covered in little bubbles and look dry around the edges. STEP 3 – Very carefully turn the pancakes over. You can do this by lifting each pancake and then inverting the pan over them before turning the whole thing back over. Cook for another 1-2 minutes. Keep the pancakes warm whilst you use the rest of the batter. Stack and serve with your favourite toppings.

My children have always enjoyed pancakes and we eat them all year round. They really like the ones their Grandad makes; I think he uses more oil than I do to cook them. These ones though take pancakes to a whole new level and are well worth the extra effort.

https://www.bbcgoodfood.com/recipes/fluffy-japanese-pancakes



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)

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