



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.

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.

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.



@srpa_pe

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.



@srpaartandtechnology



Japanese Fluffy Pancakes



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>

INGREDIENTS

- 150g self-raising flour
- ¼ 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.

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



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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