



21 April 2023

Dear Parent/Carer

Platinum Jubilee Celebrations, HPV Vaccinations, Year 11 Revision Skills Evening and Intervention Timetable, Curriculum Bulletin, Health & Wellbeing Bulletin, Sixth Form Update – Branding, Website, Year 12 Induction Arrangements, Schools Alumni Week, Meadow Lane Petition Success

Welcome to my first end of week letter of this half term. Our Platinum Jubilee celebrations have officially begun and we have a jam-packed twelve weeks of activities, guest speakers, competitions and secret/not so secret events planned as published at the end of March. I am actually quite excited and definitely feel proud to lead the Academy at this important time in its history. More below:

Platinum Jubilee Celebrations

This week, our competition is to design a Platinum Jubilee logo which closes next Monday. This is deliberately a digital piece of art to allow for the winning design to be placed, for posterity, on our celebration plaque which will be unveiled in mid-June.

Next week, our art competition begins, led by Miss Hett. We intend to hold an exhibition in Term 6 of all Jubilee art pieces for you to visit (should you wish to). This process begins next week. This is open to all artists in all year groups and is not just a digital art competition, allowing for all acts of creativity to be considered.

HPV Vaccinations

The Year 8 HPV vaccinations will be held on 3 May 2023 in the main hall.

Year 11 Revision Skills Evening and Intervention Timetable

This final opportunity for revision support will take place next week on 27 April in the main hall at 5:00pm.

Curriculum Bulletin

Please find the latest edition attached so that you know what your child will be learning this half term.

Health & Wellbeing Bulletin

Please find the latest edition attached.

Sixth Form Update – Branding, Website, Year 12 Induction Arrangements

We are excited to announce that our Sixth Form has undertaken a rebranding exercise and we have relaunched our provision as RP6th. This coincides with our new standalone RP6th website. Please take a look at the link below and explore the outstanding provision we offer at Key Stage 5. In addition, we wanted to make you aware that we are still taking applications. Please apply online through the new website www.RP6th.co.uk

As the academic year is coming to an end with external examinations approaching, Year 11 start to turn their attention to their next steps. Although not until Term 6, we would like you to 'save the date' for our Sixth Form induction programme. We have brought this as far forward as possible, to bookend the examination period, enabling students to have an extended well-deserved break. The dates for induction are Wednesday 28 June 2023, Thursday 29 June 2023 and Friday 30 June 2023. We look forward to welcoming our potential new students for 3 days of activities including taster lessons and induction tasks, an enrichment trip out to the beach, along with co-hosting our very own further education conference with Lincoln University. Formal invitations will also be given to students before the end of this term.

Schools Alumni Week

Next week we have a full programme of activities to celebrate our alumni programme to support our students further with their aspirations. We are thrilled to welcome a number of our former students back to the Academy to share their stories with our younger cohort. These alumni will be delivering assemblies, taking part in interviews with some of our student leaders and leading workshops in their areas of expertise.

Our alumni support us in many ways - as career role models, mentors, for fundraisers, as in-curriculum volunteers, governors and more. They are a rich resource for the Academy, and we are keen to build the network further. If you are, or know of any former students who have left over the years and may be interested, please share the following link with them <https://www.futurefirsthub.org.uk/register/sir-robert-pattinson-academy>.

Meadow Lane Petition Success

I was delighted to hear from a parent over the Easter break that strong consideration is being given to the above road into Hykeham being converted to a 40mph zone given the regularity of accidents over the past couple of years.

This is a success in our view in order to improve road safety and protect from injury. Well done to everyone who signed the petition to change this as it shows the power of community when people come together.



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I sign off today after the privilege of attending our star of the term assemblies this week which always reminds me how wonderful our youngsters are and how hard they work. During the Key Stage 3 assemblies, Mr Kirk shared a super video about basketball player Kobe Bryant, who quoted his previous English teacher, Mr Fisk, who said “Rest at the end, not in the middle”.

As we approach the annual examination season this seems more appropriate than ever.

Have a lovely weekend when it comes.

I will write again soon.

Yours faithfully



Mr D Hardy
Headmaster



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“This is a calm, happy and caring school.”

Sir Robert Pattinson Academy



Curriculum Bulletin

2022-23

Term 5

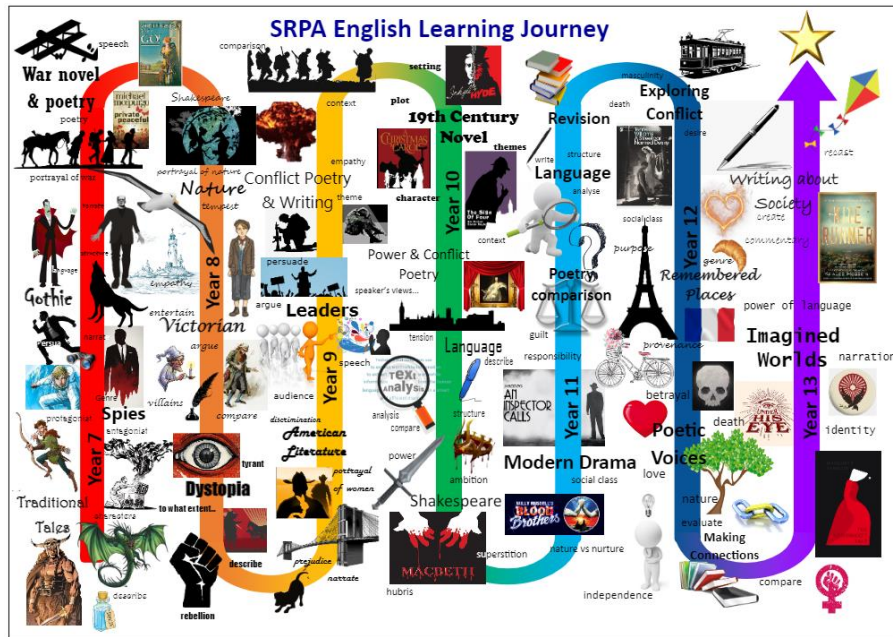
Tuesday 18 April 2023 to Friday 26 May 2023

Information for parents and carers

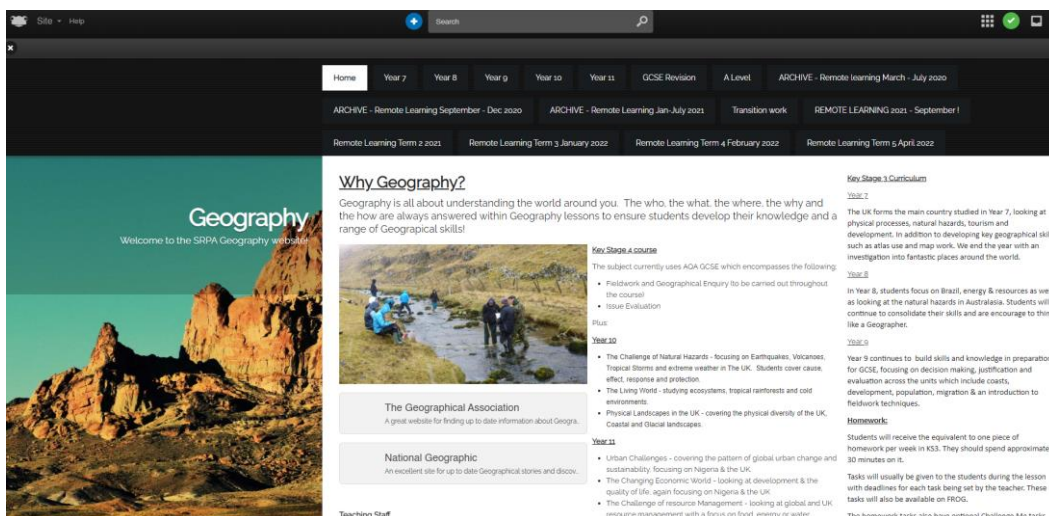
This document has been produced to give parents and carers a short summary of the topics and skills that students at Sir Robert Pattinson Academy will study during term 5 (Tuesday 18 April 2023 to Friday 26 May 2023).

If you wish to find out any further information, please refer to the following resources:

- The Subject Curriculum area of the Sir Robert Pattinson Academy website**
<https://srpa.co.uk/our-curriculum/subject-curriculum/>
 Here you will find detailed information regarding the curriculum coverage in each subject area, including a Learning Journey to outline students' progression during their time at Sir Robert Pattinson Academy:



- Subject pages on Frog**
<https://vle.srpa.co.uk/>
 Students can access these pages when they login to Frog. Here they will find additional resources and links to support them with their learning:



- **Online resources**

Students at Sir Robert Pattinson Academy have access to a wealth of high-quality online platforms to support independent learning, homework completion and to provide bespoke intervention. The table below provides a summary of each resource and gives details of login and password details, plus a named contact should additional support be required.

Resource	Details	How to access	Problem solving
Accelerated Reader	Accelerated Reader is a computer-based program that schools use to monitor reading practice and progress. It helps teachers guide students to books that are at their individual reading levels. Students take short quizzes after reading a book to check if they've understood it.	Via Frog. Students have been given their usernames and passwords. For use in school during library lessons and can also be accessed from home.	Please contact your library class teacher or Mrs Ransome at ARansome@srpa.co.uk
Bedrock Vocabulary	Bedrock vocabulary is an online vocabulary-learning platform, which is used by the English department to set homework. It helps broaden students' vocabulary understanding and range while accessing a range of reading materials. The online platform takes students through guided online vocabulary lessons and assesses how well students have learned the vocabulary presented to them in each block, which is suited to their reading level.	https://app.bedrocklearning.org/ Log on by clicking SSO and then entering your school email and password, or by using the Office 365 button. Alternatively, use your original Bedrock login and password (format: name.surname.00000 password example: RandomWord000)	Please contact your library class teacher or Mrs Murdoch at JMurdoch@srpa.co.uk
Boost Learning	An online learning platform for KS3 Computing. Students can access lessons and assessments.	https://boost-learning.com/ Usernames and passwords have been shared with students via class teacher.	There is a 'forgot your password?' link at the login page. Alternatively contact Mr Barrett at MBarrett@srpa.co.uk
Doddle Learn	An online platform for Science. Students can access a range of revision resources to support independent student, and Science teachers will set homework tasks using DoddleLearn.	www.doddlelearn.co.uk Your username is the same as the start of your school email address (up to, but not including the "@", with no capital letters). The first time you log in, your password is exactly the same as your username (also with no capital letters).	There is a 'forgotten your password' link at the bottom of the login window. This will send an email to your school email address. Alternatively, please contact your science teacher or: <ul style="list-style-type: none"> • Y7 - 9: EBurridge@srpa.co.uk • Y10 - 13: BSpowage@srpa.co.uk

Resource	Details	How to access	Problem solving
EPlatform Wheelers ebooks	24 hour access to 1700+ ebooks available to read on any device, at home or in school. This is now available through an app which can be downloaded from your app store (Android and iOS).	<p>https://www.eplatform.co.uk/school/ or via FROG library/ebook tab.</p> <p>Log on by clicking SSO and then entering your school email and password.</p> <p>There is also a mobile app available (Android and iOS). Download the app and then search for SRPA when opened.</p>	Please contact Mrs Ransome at ARansome@srpa.co.uk
Frog	All subjects have a Frog page where additional resources and support can be located.	<p>https://vle.srpa.co.uk/app/os</p> <p>Username and passwords have been shared with students via personal tutors.</p>	There is a 'forgot password' at the login page. Alternatively contact our IT support desk at ITSupport@srpa.co.uk
Go4Schools	Go4Schools provides students and parents with up to date information regarding attendance, behaviour and details of homework tasks set. It is also used to share progress reports at each tracking point. There is also a Go4Schools app that can be downloaded onto your smart phone (Android and iOS).	<p>https://www.go4schools.com/</p> <p>Parents – use the email address that you have provided SRPA as your contact information. Click on the 'first time user?' link when accessing Go4Schools for the first time.</p>	There is a 'forgotten your password?' link at the login page. Alternatively contact Go4Schools@srpa.co.uk
Historical Association Student Zone	An online platform aimed at students from the Historical Association. It offers high-quality resources for history students from GCSE to postgraduate level. This includes; articles, copies of original source material, historical scholarship, careers guidance, and more.	<p>https://www.history.org.uk/student</p> <p>Centre ID = 93839 Password = History123</p>	Login details are displayed in History classrooms. Alternatively, contact Ms Smith at SSmith@srpa.co.uk
Kerboodle Geography	An online platform from Oxford University Press that offers support for students from KS3 to KS5. The site provides students with online copies of the textbook, activities and resources.	<p>https://global.oup.com/education/?region=uk</p> <ul style="list-style-type: none"> • Students should use their school username (from their email). • The default password is their username. This can be changed once into the site. 	Login details are displayed in Geography classrooms. Alternatively, contact your Geography teacher to support with resetting of passwords.

Resource	Details	How to access	Problem solving
Languagenut	An online platform for French and Spanish from KS3 to A-Level, covering all of the exam skills of reading, listening, speaking and writing as well as vocabulary, grammar and sentence building. Teachers will set homework on Languagenut each week to help students to learn vocab for their next lesson as well as to enable students to consolidate what they have learned in lessons.	www.languagenut.com or download the free app. Students have been given their usernames and passwords. These should be written in planners and on termly learning logs.	French students please contact their teacher or Mrs Hughes at NHughes@srpa.co.uk Spanish students please contact their teacher or Mrs Rodgers at JRodgers@srpa.co.uk
Lexia	A literacy based online provision designed to support reading comprehension, grammar and word study.	https://www.lexiapowerup.com/ Teacher's email = mylexia@srpa.co.uk Username = Same as school system Password = Printer Code	Please contact Mr Burr at JBurr@srpa.co.uk
Linguascope	Linguascope is a vocabulary learning platform for French, Spanish, Russian and EAL (English as an additional language).	www.linguascope.com username = robertpatt password = modlangs	Students should contact their language teacher or Mrs Hughes at NHughes@srpa.co.uk
Massolit	Massolit is an online platform which features lectures on most aspects of the GCSE and A Level Language and Literature specifications. These lectures enhance students' subject knowledge and improve understanding of context and cultural influences on texts. There are lectures available for a variety of other subjects too, such as humanities subjects and the sciences.	https://www.massolit.io/users/sign_in Choose <i>single sign on</i> on the right of the screen. Type <i>Sir Robert Pattinson Academy</i> into the box, select the school name from the drop down box, and click <i>Log In</i> .	Please contact Mrs Selwood at NSelwood@srpa.co.uk
Maths Symphony	An online interactive Maths program that gives students the opportunity to practise the value of number, shape and space. This is a very student friendly program that designs specific learning pathway based on the need of the individual.	https://content.symphonylearning.com Account Number = 6748 Username = Same as school system Password = Printer Code	Please contact Mr Burr at JBurr@srpa.co.uk

Resource	Details	How to access	Problem solving
Mathswatch	An online platform that has videos for every element of year 7 to 9 and GCSE maths plus some for A level. Teachers will assign work for students to complete or students can search for a specific topic as part of their own revision.	https://vle.mathswatch.co.uk/vle/ Username = FirstInitialSurnameYearOfStart@SRPA e.g. for Joe Bloggs that joined SRPA in 2018 the username would be: <i>JBloggs18@SRPA</i> Password can be reset by class teacher/ Mr Roberts/ Mr Gant	For password issues please email Mr Roberts at DRoberts@srpa.co.uk
SAM Learning	An online platform covering all subject areas. Students can search a range of resources to support independent study and teachers will also set homework tasks using Seneca.	https://www.samlearning.com/ Centre ID = LN6SR User ID = date of birth and initials in the format ddmmyii E.g., For John Smith born on 12 May 2010 the username would be: <i>120510js</i> Password = same as user ID	There is a 'can't log in' link at the login page. Alternatively contact Mr Parkinson at AParkinson@srpa.co.uk
Seneca	An online platform covering all subject areas. Students can search a range of resources to support independent study and teachers will also set homework tasks using Seneca. Students in Y11 to Y13 also have access to the Premium part of the service.	https://app.senecalearning.com/login Students should use their school email address. The default password is <u>seneca2020</u>	There is a 'forgot your password?' link at the login page. Alternatively contact Mr Parkinson at AParkinson@srpa.co.uk
Smart Revise	An online revision platform for KS4 Computer Science.	https://smartrevise.online/ Usernames and passwords have been shared with students via class teacher.	There is a 'forgot your password?' link at the login page. Alternatively contact Miss Norman at LNorman@srpa.co.uk
Spellzone	Spellzone is a provision that students can use at home using the website or the APP. Spellzone allows students to identify gaps in their spelling knowledge and allows them the chance to build their confidence in spelling.	www.spellzone.com This will be provided by SLC Staff.	Please contact Mr Burr at JBurr@srpa.co.uk

Year 7 curriculum for term 5

Subject	Term 5 overview
English	In term 5 we will begin our study of the war novel. The novels are chosen from <i>Goodnight Mister Tom</i> , <i>Private Peaceful</i> , and <i>When Hitler Stole Pink Rabbit</i> . We will explore the context behind the novel and practise reading skills in analysis and evaluation, and descriptive and narrative writing skills.
Maths	This term we will begin by looking at how we can work with, and convert between, different units of measurements. We will then recap and build upon the fractions work started in primary school, looking at mastering these skills in harder contexts. We will then look at how we can use our algebraic skills and understanding from last term to solve equations.
Science	This term students will be learning about human reproduction, the periodic table and wave properties. They will continue to develop their investigation skills by having opportunities to complete practicals in lessons.
Spanish	This term we will continue to learn a range of strategies which help us to learn a language and we will be putting these into practice by learning to talk about our hobbies and sports and giving opinions. We will continue to learn about rules of grammar and how to apply them to our speaking and writing and will also continue to practise Spanish phonics in order to pronounce words correctly. We will learn more about the Spanish-speaking world and its traditions.
Geography	This half term sees the start of the fourth topic this year. Students are exploring the topic of resources, where we explore the resources such as oil, fossil fuels, renewable energy, water and food.
History	Students will study a topic focussed on how the Tudors changed England.
EFP	This term we will be focusing on the bible. Students will learn how to read the bible but also how Christians use the bible as a source of guidance in their lives.
Computer Science	This term in Computer Science, students will be learning how to programme using block-based programming tools. Programming can be broken down into three key constructs: sequence, selection and iteration. When students understand these three key constructs, they be able to demonstrate problem-solving skills in a programming environment but also in everyday life. This unit will use Scratch as the mechanism for developing understanding of these concepts using a range of fun block-based programming activities.
Drama	Students will be studying how stories are adapted from page to screen in the exploration of 'A Series of Unfortunate Events'. Using their performance techniques, with the focus of developing narration techniques, students will investigate the plot and characters through practical and theoretical tasks.
Design & Technology	KS3 projects develops student confidence in planning, working with tools and materials safely. The projects will develop and wider the understanding of metals, polymers and timbers and their origin, and introduces material properties.
Food Technology	Students will be introduced to food preparation and nutrition in order to develop an understanding of health and safety/food safety. This term, students will develop awareness of foods and how they are produced, prepared and eaten in our day to day lives. Other skills to be developed will include how to use equipment safely, knife skills, evaluation skills and how to apply what we eat to the Eatwell Plate.
Art	The basis of art relies on an ability to recognise and understand how formal elements are used in art. This project aims to teach students core drawing skills through exploring the possibilities of line and developing an understanding of line as the beginning of all art, that can be used to create shape, form texture and perspective. Students will then use these skills to create responses to the work of artist. These skills will all be built alongside developing an understanding of the artists Yayoi Kusama and Leonardo Da Vinci and how they use line differently through mark making. Students will build on literacy skills to make comparisons between the contrasting styles and applications of line and aim to create a final piece that combines the two.

PE	Students will be working on a range of activities in PE including cricket, rounders, athletics and basketball.
Personal Development	<p>Students will explore self-worth, romance and friendships (including online) and relationship boundaries.</p> <ul style="list-style-type: none"> • how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate consent

Year 8 curriculum for term 5

Subject	Term 5 overview
English	In term 5 we begin studying the Victorian period. We learn about achievements, developments and practices during Queen Victoria's reign and how these shaped the thoughts and behaviour of Victorian people. We then look at how this translates into literature with an author study focused on Charles Dickens.
Maths	This term we will continue our work on angle facts and problem solving with these. We will then learn about percentages and the different ways that we can use our skills to solve different problems. We will then deepen our algebraic skills from year 7 and use these to solve more complex equations. We will finish the term by looking at how we can calculate areas of circles and then how we can calculate the volume of more complicated 3D shapes.
Science	In term five students will study human impact on the environment, earth's resources and how we observe light. Students will have the opportunity to continue to practice their investigation skills.
French	This term we will continue to learn a range of strategies which help us to learn a language and we will be putting these into practice by learning to talk about technology and its different uses as well as its advantages and disadvantages. We will continue to learn about rules of grammar and how to apply them to our speaking and writing and will also continue to practise French phonics in order to pronounce words correctly. We will learn more about the French-speaking world and its traditions.
Spanish	This term we will continue to learn a range of strategies which help us to learn a language and we will be putting these into practice by learning to talk about where our hobbies and sports and giving opinions. We will continue to learn about rules of grammar and how to apply them to our speaking and writing and will also continue to practise Spanish phonics in order to pronounce words correctly. We will learn more about the Spanish-speaking world and its traditions.
Geography	Students will start the fourth topic of the year, 'where do we live?'. In this topic they will explore the topic of settlement. Students investigate different types of settlement and settlement patterns, as well as exploring slum settlements or shanty towns in Low Income Countries, finding out about the living conditions as well as the strategies to improve them.
History	Students will study a topic focussed on votes for women and the Suffragette campaigns.
EFP	This term students will learn about Buddhism and how Buddhist beliefs and practice have expanded in society today.
Computer Science	This term in Computer Science, student will be learning how to stay safe online and keep their data secure. The internet has become an essential part of our daily lives. People of all ages rely on the internet for communication, file sharing, entertainment, online shopping, banking, and much more. It is important to make sure students can keep themselves safe and keep their data secure.
Drama	Students will be exploring the style Theatre in Education and how it can be used to impact an audience, teaching them about hard hitting topics and events from around the world. Students will be creating their own TIE performance using the skills they have built throughout the term.
Design & Technology	Students will be set a fictional design that design and manufacture quality and unique products. The students' challenge will be to design and make a range of products. Students will be given materials which to cut out and shape using CAD/CAM. Pupils will also be introduced to the use of computer-aided design and computer-aided manufacture by using a laser cutter and 2D Techsoft design to draw and cut their pattern out.

Food Technology	Students will be introduced to food preparation and nutrition in order to develop an understanding of health and safety/food safety. This term, students will develop awareness of foods and how they are produced, prepared and eaten in our day to day lives. Other skills to be developed will include how to use equipment safely, knife skills, evaluation skills and how to apply what we eat to the Eatwell Plate.
Art	Research and analytical skills are the key to any artist understanding; therefore, this project aims to build upon prior skills taught in y7. Students will develop their ability to look at artwork, discuss it, describe it, and demonstrate understanding through written analysis and group feedback. Students will be able to demonstrate their understanding of Pop Art and related artist through a range skills and present their work in a visually
PE	Students will be working on a range of activities in PE including cricket, rounders, athletics and basketball.
Personal Development	This term year 8 personal development will focus on gender identity, sexual orientation, sexting and an introduction to contraception.

Year 9 curriculum for term 5

Subject	Term 5 overview
English	In term five we begin the final unit of the year which is focused on love and relationships. Rather than purely romantic love, this unit focuses on how different forms of love have been presented in literature over time and includes the reading of Shakespeare's most famous love story, <i>Romeo and Juliet</i> .
Maths	We will continue to look at direct and inverse proportion, moving to formal algebraic methods to define these relationships. We will then look at patterns and sequences, in particular, being able to spot and use non-linear relationships such as Fibonacci and quadratic sequences. We will then use our algebraic skills relating to solving equations to solve and represent inequalities.
Science	In term five students will study evolution, electrolysis and the particle model across all three science specialisms. Students will also continue to enhance their practical skills.
French	This term we will continue to learn a range of strategies which help us to learn a language and we will be putting these into practice by learning to talk about technology and its different uses as well as its advantages and disadvantages. We will continue to learn about rules of grammar and how to apply them to our speaking and writing and will also continue to practise French phonics in order to pronounce words correctly. We will learn more about the French-speaking world and its traditions.
Spanish	This term in Spanish, Year 9 students will be learning more about the Spanish speaking world, following on from last term's work on Spanish fiestas. Students will choose a Spanish-speaking country of their choice and plan a trip there, using the proper future tense to say what they will do during the visit.
Geography	Students will explore the fourth topic of the year. 'How has ice shaped our earth?', in this topic we explore glaciation and how ice shapes the land through different processes of erosion, transportation and deposition. We then look at how glaciated environments are used around the world.
History	Students will study the Cold War through a case study of the city of Berlin.
EFP	This term we are focusing on Islam. We will be looking at beliefs and practices associated with Muslims in the UK as well as celebrating Ramadan.
Computer Science	This term in Computer Science, students will investigate some of the wider ethical issues surrounding modern information technologies, including the moral, environmental and legal issues that can arise in the digital age.
Drama	Students will be looking at knife crime this term, each week they will follow a case, building facts, investigating leads and gathering evidence. They will be exploring the impacts knife crime has on the community and what we can do to stop it.
Design & Technology	Students will be set a fictional design that design and manufacture quality and unique products. The students' challenge will be to design and make a range of products. Students will be given materials which to cut out and shape using CAD/CAM. Pupils will also be introduced to the use of computer-aided design and computer-aided manufacture by using a laser cutter and 2D Techsoft design to draw and cut their pattern out.
Food Technology	Students will be introduced to food preparation and nutrition in order to develop an understanding of health and safety/food safety. This term, students will develop awareness of foods and how they are produced, prepared and eaten in our day to day lives. Other skills to be developed will include how to use equipment safely, knife skills, evaluation skills and how to apply what we eat to the Eatwell Plate.
Art	Students to work through a series of workshops of different media to develop their experimentation and independency within their sketchbooks and or on paper. This project is a starting point for developing students' sketchbooks to allow the students to push their understanding of the art available around them and develop their understanding of the assessment criteria ready for GCSE Art. Students will work through each assessment objective as a unit and develop their experimentation, analysis, opinion and quality of observations.
PE	Students will be working on a range of activities in PE including cricket, rounders, athletics and basketball.
Personal Development	This term year 9 will learn about intimate relationships. This will include Relationship and sex education including consent, contraception, risks of STIs and pornography.

Year 10 curriculum for term 5

Subject	Term 5 overview
English	In term five we will prepare for the Y10 examinations, focusing on revision of the set texts for Literature and the skills required for Language. In addition, during term five any students who did not complete the spoken language assessment in Y9 (or any who would like a chance to improve on their grade) will have a chance to do so.
Maths	In term 5 students, aiming for the higher tier will be using direct and inverse proportion in more formal algebraic ways to define a relationship or find a missing value. They will then look at how we represent continuous data and how we can use these diagrams to analyse and draw conclusions. They will then deepen their algebraic skills and understanding, expanding on their current methods for expanding and factorising and understanding their limitations and how to adapt their methods in certain contexts. In term 5 students aiming for the foundation tier will continue their work on algebraic skills and how they can solve inequalities. They will then investigate different angle properties of polygons and parallel lines. They will then increase their understanding of sequences and learn how to define linear sequences algebraically.
Science	In term five students will continue to study communicable diseases and how they can be prevented in biology, electrolysis in chemistry and reviewing atomic structure in physics. They will spend the latter part of the term preparing for their paper 1 mock examinations.
Media	This term students will begin to work independently on their non-examined assessment (NEA worth 30% of their overall grade) creating a piece of original media to suit a brief provided by the exam board. Students will also explore the final set of in-depth CSPs considering how the news industry is structured and how newspapers aim to appeal to their audiences through media language and representation choices. We will closely examine two front covers and articles taken from the Daily Mirror and the Times, comparing how they select and convey news on the same day.
Business Studies	This term students will be focusing on Section 2 Influences on Businesses. Some of the topics areas they will be exploring are globalisation, legalisation and competitive environment. Students will have an end of topic tests throughout the term.
Finance	This term, students are continuing to work on Unit 2 – Finance in Business, looking at Topic 4 – Attracting and Retaining Customers and Topic 5 – International Trade and Foreign Exchange, In the second half Term 5 they have their second attempt at the NEA for Unit 1 – Finance for the Individual.
Computer Science	This term, students are developing programming concepts and application of this programming skill to different problems looking towards how the GCSE paper 2 works and focusing on their ability to analyse and create an algorithm from a problem description.
Creative iMedia	This term, students will make final adjustments to their Unit R094 – Visual Identity NEA work. Focusing on the Export and supporting documentation tasks. They will start preparing for their R097 – Interactive Digital Media NEA by concentrating on the theory aspect that underpins the unit.
Drama	Students will be continuing the study of their set text and how to tackle different styles of exam questions. In addition to this, they will continue exploring influential practitioners and styles in preparation for their devised examination performance.
Music	Students will continue to develop their knowledge of composition skills and begin writing their own piece of music.
Child Development	This term students will study two topics. The first topic focuses on legislation, policies and procedures in childcare settings. This will include looking at frameworks and how policies are implemented across the Early Years Foundation (EYF) settings. The second topic will dive into the expectations of an Early Years Practitioner (EYP). This includes what will be expected of pupils if they choose a career within the EYF system.
Geography	Students have just completed the Living World topic, the second physical geography topic. The next term sees students start to explore the final section of physical geography if their GCSE course, the physical landscapes of the UK with us starting our focus on the coastal landscape.

History	Students will continue to learn about Weimar and Nazi Germany, focussing on how the Nazis retained power in Germany.
Religious Studies	In Term 5, Year 10 students will focus on Islamic practices including, the Five Pillars of Islam, Jihad and religious festivals. At the end of this term, students will finish their study of Islam and will have completed papers 2 and 3 of the GCSE course.
Sociology	This term we will be looking at Education and Research methods. We will be exploring why some students do better in education as well as the impact of certain things on education.
Psychology	This term we will be focusing on completing our third topic of development, looking at how children develop cognition and their understanding of the world around them. Throughout this, we will be looking at research methods to support our understanding of practical experiments.
French	This term we will be covering the topic of school and future plans, including talking about rules, opinions on different aspect of school and post-16 choices which forms part of the GCSE Theme 3. We will be focussing on deepening our knowledge of adjectival use and negatives as well as consolidating our knowledge of the main three tenses, plus the future tense and will continue to look at some complex structures. In addition to our knowledge of exam tasks, we will begin to practise photo cards. We will ensure that our knowledge of key phonics is embedded and we will further our knowledge of Francophone culture.
Russian	This term, students will be learning to talk about school in Russian. They will be giving their opinions of school subjects and justifying them with reasons. Students will be able to discuss and write about school rules, school uniform and their future educational plans. Students will be building on their listening, reading, writing, speaking and translation skills
Core PE	In core PE students will take part in a range of activities including, rounders, cricket and tennis
GCSE PE	In theory lessons students will continue with the anatomy and physiology unit moving onto the respiratory and cardiovascular systems. In practical lessons students will move on to athletics.
Engineering Design	This term you will learn how designers can quickly create and test models to develop a prototype of a design. You will develop your virtual modelling skills using computer aided design (CAD) 3D software, to produce a high-quality model that will be able to simulate your design prototype. You will also develop your physical modelling skills using modelling materials or rapid prototyping processes to produce a physical prototype.
Art	Students will work through a series of workshops of different media to develop their experimentation and independency within their sketchbooks. This project is a starting point for developing students' sketchbooks to allow the students to push their understanding of the art available around them. Students will research a series of artists that are linked to the media of the week to help culturally enrich their artistic terminology.
Photography	Students will work through a series of workshops of different media to develop their experimentation and independency within their sketchbooks. This project is a starting point for developing students' sketchbooks to allow the students to push their understanding of the art available around them. Students will research a series of artists that are linked to the media of the week to help culturally enrich their artistic terminology.
Design & Technology	This term, students will develop an in-depth knowledge and understanding of mechanical and electrical systems and controls and how energy can be produced, stored and used to power our modern-day world and products.
Hospitality and Catering	Practical – Focus on portioning and setting agents whilst making meatball traybake, panna cotta, meringues, and fruit tarts. At the end of the term there will be a focus on further developing their independent skills in preparation for their NEA by 2 independent cooks. First one with a brief of using a setting agent and the second one using a raising agent. Theory – Primary and secondary processing of milk; applying health and safety in the work place; how does cooking food change the nutritional values of food?; risks in hospitality and catering, including writing risk assessments.
Personal Development	This term students will be focusing on addressing radicalism and extremism and will learn how to respect the community around them and challenge extreme views.

Year 11 curriculum for term 5

Subject	Term 5 overview
English	This term students will focus on working on the feedback from the March assessments in Language and Literature. Following this, students will revise all aspects of the Literature specification for the examination at the end of term 5.
Maths	This term we will be revising key concepts that have shown as areas for improvement in recent mock examinations and exam practice. There will be an increased focus on non-calculator topics as they have their non-calculator paper on Friday 19 May 2023.
Science	This term students will be focusing on revising key concepts for both paper 1 and paper 2 examinations, their mathematical skills and working scientifically skills to ensure success in their exams.
Media	This term students will focus on revising for Media One and Media Two, covering all aspects of the specification.
Business Studies	This term students will be focusing on recapping and consolidating learning from year 10. In particular section 2 Influences on Businesses. Some of the topics areas they will be exploring are globalisation, legalisation and competitive environment. Students will also be practicing key skills needed for both exam papers and will attempt a range of past exam questions.
Enterprise & Marketing	This term students will be focusing on recapping and consolidating learning on R064. In particular, learning objectives 1-3; understand how to target a market, understand what makes a product or service financially viable, understand product development.
Computer Science	This term students will be focusing on revision for paper 1 and paper 2 examinations. Focusing on all aspects of the specification.
Creative iMedia	This term, students will make final adjustments to their Unit R086 – Animation NEA work, focusing on the Export and Evaluation Tasks. They will also look again at the Unit R082 – Graphic work and resubmit based on external moderator comments.
Drama	Students will be completing their scripted examination performance this term. Alongside this, they will be revising exam techniques covering their set text and live theatre review.
Music	Students will be continuing with their composition pieces, creating their own music pieces for the examination. Alongside this, they will be working on building their knowledge of the exam content, focussing on set works.
Child Development	This term we will be focusing on completing our last assignments from Unit 2 (Child Development) and ensuring that our entire portfolio is complete. We will then be focusing on consolidating our knowledge for the resit examination (if it is required).
Geography	Students will be finishing their GCSE Geography course with the last topic of the challenges of resource management. We then visit the pre-released material to explore the theme for section A of the paper 3 examination.
History	Students will finish their final topic on Elizabethan England and then begin to consolidate their knowledge on previous GCSE topics
Religious Studies	Term 5 will involve students revisiting past content and revising for summer exams. The students will revise using a range of activities including retrieval quizzes, exam questions and knowledge organisers.
Sociology	This term we will be revising our knowledge or previous topics. Both classes will be doing individual tailored revision to help them progress in sociology and develop their exam skills.
Psychology	This term, we will be focusing on completing our topic of psychological issues, starting to investigate the causes and symptoms of specific mental health issues. We will also be practising exam style questions on previous topics in order to prepare for examinations and consolidating our knowledge of all topics.
Spanish	This term we will be working towards our GCSE speaking exam, which will take place at the beginning of May and following that, we will be consolidating all of our language and skills in time for the end of term exams, by revisiting all of the GCSE topics in the context of listening, reading and writing.

Russian	This term students will be consolidating their knowledge of Russian by revising previous themes covered throughout the course and will be focusing primarily on the skill of speaking as this will be their first GCSE exam to sit. Students will need to memorise their 1-minute presentation and will have a lot of practice producing answers for the roleplay, photo card and general conversation part of the speaking exam. Students will also continue to practise the other skills (listening, reading, writing and translation), in preparation for their final Russian examinations.
Core PE	In core PE students will take part in a range of activities including rounders and cricket.
GCSE PE	In GCSE PE students will be completing unit 6 before moving on to finalising their preparation for the examinations.
Sports Science	In Sports Science students will be finalising their RO45 coursework.
Construction	Students are working to interpret technical information to plan the refurbishment of a building, taking account of health and safety issues. They will use appropriate skills and techniques to carry out the refurbishment. All students use a range of skill learnt though the scheme of learning during construction lessons. The evidence produced in Unit 2 is worth 50% of the final grade, including tiling and joinery practicals and evaluations.
Engineering	Students will continue to work on Unit 2 – Planning and manufacturing junior hacksaw design brief. The correct use machines and the manufacturing/shaping of metals and processes. Students will also be required to work independently and with precision throughout. An overview of their work and how decisions are made when considering each stage of the project will be required.
Art	Students will start their exam unit. Individuals will be able to explore, create and take influence from work of others they find inspiring. At this stage of the coursework unit, students should have explored a range of influences and completed media experimentation pages alongside in-depth artist research.
Photography	Students will start their exam unit. Individuals will be able to explore, create and take influence from work of others they find inspiring. At this stage of the coursework unit, students should have explored a range of influences and completed media experimentation pages alongside in-depth artist research.
Design & Technology	Students use a range of skill learnt though the scheme of learning Yr7-11 to produce an independent iterative design work. The evidence produced in Unit 2 is worth 50% of the final grade and situation problems are set by AQA. Students this term will plan and start to manufacture their final outcomes.
Food and Nutrition	Students will be completing their NEA 2 (35% of final grade), planning and producing dishes for a specific occasion and nutritional requirement.
Personal Development	This term students will focus on different families, relationships, parental responsibilities, pregnancy, marriage and forced marriage.



Sir Robert Pattinson Academy

Health and Wellbeing Bulletin

Term 5 2023

Welcome back to Term 5, the start of the summer term!

The days are starting to become a little warmer and the evenings are brighter which is good to lift the mood.

This is a huge term for our Year 11 and Year 13 students with their examinations beginning in the middle of May. In fact, the Art and Photography final examinations take place next week! Preparations are well underway however, as we are aware, this can be an extremely stressful time.

In this edition of the Health and Wellbeing Bulletin we provide some information and links for dealing with examination stress. We also have a focus on our food technology and PE/Sport departments, with our usual termly recipe to try and ways to get active.

We hope you all have a great half term.

Examination stress – support

Examinations are a very stressful time for any young person. Young Minds provides some useful information and guidance to enable parents to support term through this difficult time.

“Mood swings and outbursts are more likely to occur during this period. Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour.

It’s worth preparing ways of supporting your child during examination weeks and thinking about how you will react and respond on the day if they don’t get the result that they, or you, are hoping for.”

Visit <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/examination-time/> for more guidance.

Things that can help your child in the lead up to exams

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP.

Food and Nutrition

Year 11 students have completed their GCSE practical examinations with some amazing dishes created that looked and tasted wonderful.

Year 10 students are continuing to develop their skills and time management to prepare them for their practical examinations in Year 11. This week, we thought we would enjoy, whilst still learning, making these fabulous Easter egg cheesecakes. The students engaged with this thoroughly whilst extending their knowledge on denaturing proteins.



Easter Egg Cheesecakes.



Try this recipe and make some of these delicious cheesecakes.

<https://www.bbcgoodfood.com/recipes/cheesecake-filled-easter-eggs>

Or why not try something different and go vegan.

FOR THE BASE

- 200g Biscoff biscuits.
- 80g melted vegan butter or spread.

FOR THE FILLING

- 700g Vegan cream cheese.
- 100g Biscoff spread.
- 50g Golden caster sugar.

2 dairy free Easter eggs.

You will need to be careful when cutting the Easter eggs in half. It is best to heat up a sharp knife in hot water and press the knife along the seam line.

- Crush the biscoff biscuits.
- Mix the crushed biscuits with the melted butter.
- Carefully press this mix into the base of the Easter eggs.
- Chill for 20 minutes.
- Beat all the “filling ingredients” together and fill the Easter eggs evenly on top of the biscuit base.
- Set in the freezer for an hour and a half or leave overnight to chill.
- Decorate with vegan goodies as you please.
- Enjoy.



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Term 5 PE clubs – get involved in school sport

Please see below for the list of sporting clubs you could get involved in during Term 5.

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 11 basketball
	Year 9 badminton	Year 10 badminton	Year 11 badminton	Year 7 badminton	Year 8 badminton
After school 3.20 - 4.20pm	Y11 Sport Science intervention	Cricket - all years	Rounders - all years	Athletics - all years	
	Tennis - girls			Tennis - boys	

Students may take part in lunch-time clubs in their uniform. Please bring trainers.

Blazers can be removed.

After-school clubs start at 3:20pm and finish at 4:20pm. Correct SRPA PE kit is required.

Sports Update

Term 4 saw the end of the football and netball seasons. As we move into Term 5, we will be focussing on athletics, tennis, cricket and rounders. Please see the clubs chart above for timings. All students are welcome.

Over the page are the final results and league positions for our football and netball teams. As you can see, there were some very positive results.

Year 7 Football fixtures



Wednesday 5th October <i>Goals: Harrison J x4, Oliver C x4, Tommy S x3, Harry S, Gabriel C, Harrison C</i>	v. Priory Witham (home)	League <i>M.O.M. Harrison J</i>	Won 15-0
Monday 10th October <i>Goals: Harry S</i>	v. The King's School (away)	National Cup 2nd round <i>M.O.M. Harry S</i>	Lost 1-7
Friday 13th January <i>Goals: Harrison J</i>	v. The Kings School (home)	County Cup 2nd round <i>M.O.M. Riley G</i>	Lost 2-4
Wednesday 22nd February <i>Goals: Harrison J x3, Tommy S, Ryan M x2, Oliver C, Harrison C, Harry S</i>	v. North Kesteven (home)	League <i>M.O.M. Tommy S</i>	Won 9-0
Tuesday 28th February <i>Goals: Oliver C x4, Ryan M, Harrison J</i>	v. Priory City (away)	League <i>M.O.M. Oliver C</i>	Won 6-3
Wednesday 8th March <i>Goals:</i>	v. Branston CA (away)	League <i>M.O.M. Finley M</i>	Lost 4-0

#	Team	P	W	D	L	F	A	GD	PTS
1	BRANSTON COMMUNITY ACADEMY 1	4	4	0	0	19	1	18	12
2	Sir Robert Pattinson Academy	4	3	0	1	20	7	13	9
3	Priory City of Lincoln Academy	4	2	0	2	18	13	5	6
4	North Kesteven Academy	3	0	0	3	3	14	-11	0
5	The Priory Witham Academy	3	0	0	3	0	25	-25	0



Year 8 Football fixtures



Tuesday 20th September <i>Goals: Freddie Z x2, Kai C x2, Harry S x 2</i>	v. Priory City (home)	League <i>M.O.M. Freddie Z</i>	Won 6-3
Thursday 6th October <i>Goals: Brian B x3, Oscar L</i>	v. William Farr (away)	National Cup 2nd round <i>M.O.M. Brian B</i>	Won 4-1
Thursday 13th October <i>Goals: Harry S x3, Jack M x2, Josh V x2, Oliver S, Kai C, Brian B, Cohen C</i>	v. Minster (home)	League <i>M.O.M. Harry S</i>	Won 11-0
Thursday 3rd November <i>Goals:</i>	v. Humberston A. (away)	National Cup 3rd round <i>M.O.M. Jacob N</i>	Lost 0-2
Friday 13th January <i>Goals:</i>	v. Priory Pembroke (home)	County Cup <i>M.O.M. Joe M</i>	Lost 0-1
Thursday 9th February <i>Goals: Brian B x3, Harry S</i>	v. Branston CA (home)	League <i>M.O.M. Brian B</i>	Lost 4-6
Wednesday 22nd February <i>Goals: Cohen C, Harry S, Brian B, Olly M x2, O.G.</i>	v. North Kesteven (home)	League <i>M.O.M. Jack M</i>	Won 6-0

#	Team	P	W	D	L	F	A	GD	PTS
1	BRANSTON COMMUNITY ACADEMY 1	4	4	0	0	24	5	19	12
2	Sir Robert Pattinson Academy	4	3	0	1	23	9	14	9
3	Priory City of Lincoln Academy	3	1	0	2	9	16	-7	3
4	North Kesteven Academy	3	0	0	3	2	14	-12	0
5	Lincoln Minster Senior	2	0	0	2	0	14	-14	0



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	Won 4-2
Goals: Riley S x2, Bailey B, Alex C M.O.M. Fraser I			
Tuesday 11 th October	v. Minster (home)	League	Won 8-0
Goals: Cameron M x2, Bailey B x2, Fraser I, Riley S, Dylan T, Lennon S M.O.M. Dylan T			
Thursday 10 th November	v. UA Holbeach (away)	National Cup 3 rd round	Won 3-2
Goals: Cameron M x 2, Bailey B M.O.M. Cameron M			
Tuesday 15 th November	v. Bourne Grammar (away)	County Cup 1 st round	Lost 5-8
Goals: Fraser I x 2, Cameron M, Toby M, Bailey B M.O.M. Bailey B			
Thursday 1 st December	v. Boston Grammar	National Cup 4 th round	Lost 1-2
Goals: Cameron M M.O.M. Keaton S			
Wednesday 22 nd February	v. Priory Witham (away)	League	Won 12-0
Goals: Finn H, Toby M, Cameron M x3, Fraser I x3, Lennon S x2, Bailey B, O.G. M.O.M. Alfie E			
Wednesday 8 th March	v. Branston CA (away)	League	Lost 2-7
Goals: Theo R, Bailey B M.O.M. Keaton S			

#	Team	P	W	D	L	F	A	GD	PTS
1	BRANSTON COMMUNITY ACADEMY 1	5	3	0	0	28	3	25	15
2	Sir Robert Pattinson Academy	4	3	0	1	22	8	14	9
3	Priory City of Lincoln Academy	4	2	0	2	12	16	-4	6
4	North Kesteven Academy	1	0	0	1	0	3	-3	0
5	The Priory Witham Academy	3	0	0	3	1	14	-13	0
6	Lincoln Minster Senior	3	0	0	3	1	20	-19	0



Year 10 Football fixtures



Tuesday 27th September <i>Goals: Josh M, Morgan B x 2, Charlie D</i>	v. Minster (home) <i>M.O.M. Morgan B</i>	League	Won 4-0
Monday 3rd October <i>Goals:</i>	v. The King's School (home) <i>M.O.M. Max S</i>	National Cup 2nd round	Lost 0-7
Thursday 6th October <i>Goals: Aiden M, Joe C, Morgan B</i>	v Branston CA 'B' (home) <i>M.O.M. Charlie D</i>	League	Won 3-0
Wednesday 11th January <i>Goals:</i>	v. Bourne Grammar (home) <i>M.O.M. Daniel S</i>	County Cup	Lost 6-0
Thursday 9th February <i>Goals: Morgan B</i>	v. Branston CA (home) <i>M.O.M. Morgan B</i>	League	Lost 4-1
Tuesday 28th February <i>Goals: Regan H, Morgan B</i>	v. Priory City (away) <i>M.O.M. Ethan J</i>	League	Won 2-0

#	Team	P	W	D	L	F	A	GD	PTS
1	BRANSTON COMMUNITY ACADEMY 1A	5	5	0	0	28	0	+28	15
2	Sir Robert Pattinson Academy	4	3	0	1	9	4	+5	9
3	BRANSTON COMMUNITY ACADEMY 1B	5	2	0	3	4	12	-8	6
4	Priory City of Lincoln Academy	5	1	0	2	2	5	-3	3
5	North Kesteven Academy	2	0	0	2	0	9	-9	0
6	Lincoln Minster Senior	3	0	0	3	0	13	-13	0



Year 11 Football fixtures



Tuesday 27 th September Goals: O.G.	v. Branston CA (away)	League	Lost 1-2
		M.O.M. Jay R	
Friday 30 th September Goals: Jake M	v. Carre's Grammar (home)	National Cup 1 st round	Lost 1-2 (AET)
		M.O.M. Jacob W	
Tuesday 11 th October Goals: Wing L	v. North Kesteven (home)	League	Lost 1-4
		M.O.M. Wing L	
Monday 9 th January Goals: Corey F	v. De Aston (home)	County Cup	Lost 1-2
		M.O.M. Mason M	
Wednesday 22 nd February Goals: Jay R x2	v. Priory Witham (away)	League	Won 2-1
		M.O.M. Jay R	
Tuesday 28 th February Goals: Jayden M.P x2	v. Priory City (away)	League	Lost 2-3
		M.O.M. Jayden M.P	

#	Team	P	W	D	L	F	A	GD	PTS
1	BRANSTON COMMUNITY ACADEMY 1	4	4	0	0	16	6	10	12
2	Priory City of Lincoln Academy	3	2	0	1	19	9	10	6
3	North Kesteven Academy	2	1	0	1	4	4	0	3
4	Sir Robert Pattinson Academy	4	1	0	3	6	10	-4	3
5	The Priory Witham Academy	3	0	0	3	2	18	-16	0



Year 7 Netball fixtures



Tuesday 8th November <i>P.O.M. Amelia M</i>	v. Priory LSST (away) <i>P.P.O.M. Bella T</i>	League	Won 14-3
Monday 20th March <i>P.O.M. Neve M</i>	v. Branston CA (away)	League	Lost 2-17
Thursday 23rd March <i>P.O.M. Amelia M</i>	v. Minster (home)	League	Won 17-6

#	Team	P	W	D	L	F	A	GD	PTS
1	BRANSTON COMMUNITY ACADEMY 1	4	4	0	0	61	3	58	12
2	Sir Robert Pattinson Academy	3	2	0	1	32	25	7	6
3	The Priory Academy LSST	4	1	0	3	23	33	-10	3
4	Lincoln Minster Senior	3	1	0	2	12	37	-25	3
5	Priory City of Lincoln Academy	2	0	0	2	0	30	-30	0



Year 8 Netball fixtures



Tuesday 11th October <i>P.O.M. Neve L</i>	v. Priory LSST (home) <i>P.P.O.M. Rosie C</i>	League	Lost 0-19
Wednesday 19th October <i>P.O.M. Neve G</i>	v. Branston CA (home) <i>P.P.O.M. Jess Y</i>	League	Lost 0-15
Tuesday 28th February <i>P.O.M. Rosie C, Eadie W</i>	v. Priory City	League	Won 7-6
Thursday 23rd March <i>P.O.M. Rosie C, Isabelle S</i>	v. Minster (home)	League	Lost 9-3

#	Team	P	W	D	L	F	A	GD	PTS
1	BRANSTON COMMUNITY ACADEMY 1	4	4	0	0	62	16	46	12
2	The Priory Academy LSST	4	2	1	1	43	21	22	7
3	Lincoln Minster Senior	3	1	1	1	19	24	-5	4
4	Sir Robert Pattinson Academy	4	1	0	3	13	48	-35	3
5	Priory City of Lincoln Academy	2	0	0	2	7	20	-13	0
6	North Kesteven Academy	1	0	0	1	0	15	-15	0

Year 9 Netball fixtures



Tuesday 8th November <i>RO.M. Erin</i>	v. Priory LSST (away) <i>PPO.M. Anna B</i>	League	Lost 28-3
Tuesday 28th February <i>RO.M. Isobel G, Carys L, Neve G</i>	v. Priory City (away)	League	Lost 17-4
Monday 20th March <i>RO.M. Carly L</i>	v. Branston CA (away)	League	Lost 15-2
Tuesday 21st March <i>RO.M. Anna B</i>	v. Minster (home)	League	Lost 15-0

#	Team	P	W	D	L	F	A	GD	PTS
1	The Priory Academy LSST	5	4	0	1	75	39	36	12
2	Lincoln Minster Senior	3	3	0	0	58	19	39	9
3	BRANSTON COMMUNITY ACADEMY 1	5	3	0	2	65	41	24	9
4	Priory City of Lincoln Academy	3	1	0	2	24	35	-11	3
5	The Priory Witham Academy	2	0	0	2	0	30	-30	0
6	Sir Robert Pattinson Academy	4	0	0	4	8	66	-58	0

Year 10 Netball fixtures



Tuesday 11th October <i>RO.M. Isabella K</i>	v. Priory LSST (home) <i>PPO.M. Carly R</i>	League	Lost 3-37
Wednesday 19th October <i>RO.M. Isabella D</i>	v. Branston CA (home) <i>PPO.M. Morgan SG</i>	League	Lost 0-15
Tuesday 21st March <i>RO.M. Morgan S-G</i>	v. Minster (home) <i>PPO.M. Phoebe H</i>	League	Won 24-5

#	Team	P	W	D	L	F	A	GD	PTS
1	BRANSTON COMMUNITY ACADEMY 1	5	5	0	0	84	7	77	15
2	The Priory Academy LSST	3	2	0	1	47	29	18	6
3	Sir Robert Pattinson Academy	3	1	0	2	28	39	-11	3
4	North Kesteven Academy	1	0	0	1	0	15	-15	0
5	Priory City of Lincoln Academy	1	0	0	1	0	15	-15	0
6	Lincoln Minster Senior	3	0	0	3	12	66	-54	0

Year 7/8 Girls' 5-a-side football fixtures



Tuesday 22nd November <i>Goals: Ava D x 2, Ava-Rose M x 2</i>	v. Priory LSST (H) <i>P.O.M. Lucy R</i>	League	Won 4-2
Tuesday 29th November <i>Goals: Lucy R</i>	v. LCHS (H) <i>P.O.M. Amelia D</i>	League	Lost 1-2
Thursday 5th January <i>Goals: Ava-Rose M x 2, Lola A</i>	v. Branston (H) <i>P.O.M. Lucy R</i>	League	Won 3-2

#	Team	P	W	D	L	F	A	GD	PTS
1	Sir Robert Pattinson Academy	3	2	0	1	8	6	2	6
2	BRANSTON COMMUNITY ACADEMY 1	3	2	0	1	7	5	2	6
3	Lincoln Christs Hospital School	3	2	0	1	4	3	1	6
4	The Priory Witham Academy	0	0	0	0	0	0	0	0
5	Priory City of Lincoln Academy	0	0	0	0	0	0	0	0
6	The Priory Academy LSST	3	0	0	3	3	8	-5	0



Year 9/10 Girls' 5-a-side football fixtures



Tuesday 22 nd November <i>Goals: Imogen R x 3</i>	v. Priory LSST (H) <i>P.O.M. Carly R</i>	League	Lost 3-7
Tuesday 29 th November <i>Goals:</i>	v. LCHS (H) <i>P.O.M. Anna F</i>	League	Lost 0-4
Thursday 5 th January <i>Goals: Imogen R x 4, Rosie N</i>	v. Branston (H) <i>P.O.M. Imogen R</i>	League	Won 5-0

#	Team	P	W	D	L	F	A	GD	PTS
1	The Priory Academy LSST	3	3	0	0	18	6	12	9
2	Lincoln Christ's Hospital School	3	1	1	1	9	7	2	4
3	Sir Robert Pattinson Academy	3	1	0	2	8	11	-3	3
4	BRANSTON COMMUNITY ACADEMY 1	3	0	1	2	2	13	-11	1
5	Priory Pembroke Academy	0	0	0	0	0	0	0	0
6	The Queen Elizabeth's High School	0	0	0	0	0	0	0	0
7	William Farr C of E School	0	0	0	0	0	0	0	0
8	Priory City of Lincoln Academy	0	0	0	0	0	0	0	0



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Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

TUESDAY



4 Eat healthy and natural food today and drink lots of water

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

FRIDAY

SATURDAY

SUNDAY

1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

TUESDAY

2 Focus on what you can do rather than what you can't do

WEDNESDAY

3 Take a step towards an important goal, however small

THURSDAY

4 Send your friend a photo from a time you enjoyed together

FRIDAY

5 Let someone know how much they mean to you and why

SATURDAY

6 Look for people doing good and reasons to be cheerful

SUNDAY

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a handwritten note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

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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)

Via diversa vita una