



Sir Robert Pattinson Academy

Health and Wellbeing Bulletin

Term 6 2023

Welcome to the Health and Wellbeing bulletin for Term 6.

We hope you had a restful half term. We look forward to a busy half term including the end of year examinations, transition days, sports day and jubilee celebrations.

With the weather now improving, summer is the perfect time to work on your mental wellbeing, the sun is out and it's easier to get out and about. In this edition we will look at some suggestions to improve your wellbeing this summer.

Summer wellbeing tips

The sunshine does improve your mood and Vitamin D is essential for healthy bones. We receive most of our vitamin D from exposure to sunlight.

However, ensure you are safe in the sun. Apply suncream regularly and you should cover up or protect your skin before it starts to turn red or burn.

See the following link for further tips regarding summer health:

<https://www.forumhealthcentre.nhs.uk/your-health/summer-health>

Here are some top tips for a summer routine that will leave you feeling cool, calm and collected this summer:

Get a better night's sleep

Long, sunny days may mean you stay up later than usual, and hot, sticky weather can also prevent you from falling into a deep slumber. Make your bedroom summer friendly by keeping it cool with a fan or opening a window and relaxing before bed by putting away your phone and reading a few pages of your book.

Spend time with family

This summer, double your wellbeing by spending time with the people you care about, while doing nature-based activities you can't do during colder months, such as visiting a beach or eating dinner outside.

It has been proven that spending time with people you love has a positive influence on your lifestyle and being close to family and friends helping you to eat more healthily. Experts also say that having a chat with a close relative can help reduce your stress levels.

Getting outside

Being in nature is one of the best ways to unwind from stress. Take a few minutes each day — maybe right when you wake up in the morning — to step outside and simply enjoy the outdoors. Drop thoughts of any plans for the day and simply notice the green of the grass and trees, the feeling of a breeze on your skin, and the sound of birds and other animals.

Daily Yoga and Meditation

Start a daily yoga or meditation practice that will calm the body and mind, cooling your internal temperature. Heat often builds in the digestive tract during the summer months, so try and incorporate abdominal stretches and twists. After your yoga practice or meditation, place a drop of cooling calming essential oil between the eyebrows, such as rose oil to keep calm and collected throughout the day.

Prepare healthy meals

Fill your diet with cooling foods that are sweet, bitter and that are light and easy to digest. Avoid dark meats such as beef, lamb and pork, and pungent flavours such as those from citrus fruits, the garlic and onion family, or heavy dairy products.

Also avoid overdoing it at summer BBQs. Beat the temptation to overeat by filling up on the healthy stuff first. Fill your plate with fruit and green salads and choose raw vegetables over chips. If you treat yourself to dessert, be aware of the portion size and keep it reasonable.

The key is moderation and recognising when you're full. Once you've finished, get moving! Play with the children or get everyone together for a game in the garden.

Don't forget to eat fruit! Summer is a great time for fresh fruit. Add your favourite berries to your morning cereal or oatmeal. Choose watermelon or cherries for dessert instead of cookies or ice cream.

Term 6 PE clubs – get involved in school sport

Please see below for the list of sporting clubs you could get involved in during term 6.

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 8 badminton
	Year 9 badminton	Year 10 badminton		Year 7 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.

Academy Sports Update

In Term 5, we began our focus on rounders, cricket, athletics and tennis. Our Years 7s have played Queen Elizabeth High School. Our Year 8s have played against both Queen Elizabeth High School and Branston Community Academy.



We also took 21 of our students to the District Athletics Trials. We saw some great performances with 13 of our students qualifying to represent Lincoln and Gainsborough at the County Championships in Boston.

Notable performances:

Angel G – High Jump – 1st place, 100m – 2nd place

Elsie G – 1500m – 1st place

Josh M – 1500m – 1st place

Josh C – Javelin – 2nd place

Caiden L – 800m – 3rd place

Mackenzie G C – Javelin – 3rd place, 200m – 4th place

Summer H – Javelin – 2nd place, 1500m – 4th place

Zack N – Shot Putt – 3rd place

Romy C S – Long Jump – 3rd place



Upcoming Fixtures:

Wednesday 7 June – Y7 - 8 cricket v. Branston Community Academy (a)

Wednesday 7 June – Y9 - 10 tennis v. Branston Community Academy (a)

Monday 12 June – Y7 rounders v. Branston Community Academy (a)

Tuesday 13 June – Y10 rounders tournament at Branston Community Academy

Wednesday 14 June – Y7 - 8 cricket v. QEHS, Gainsborough (a)

Monday 19 June – Y7 - 8 tennis v. William Farr (a)

Monday 19 June – Y9 - 10 tennis v. William Farr (a)

Tuesday 20 June – Y7 rounders tournament at SRPA

Thursday 22 June – Y10 rounders v. Branston Community Academy (h)

Wednesday 28 June – Lincoln and Gainsborough Sports Zone Athletics Championships, Yarborough.

Thursday 6 July – Y8 rounders tournament @ Priory Witham

TBC – Y7 - 8 tennis v. Lincoln Minster

TBC – Y9 - 10 tennis v. Lincoln Minster

TBC – Y7 - 8 cricket v. William Farr

Smoky Sausage and Beans on Toast

Ingredients: 1tbsp vegetable oil
1 small red onion, thinly sliced
1 garlic clove, crushed
4 pork sausages
1 tbsp smoked paprika
1 tbsp mixed herbs
2 tins baked beans
8 slices rye sourdough bread

Method:

- Heat the oil in a large pan and add the onion and fry for 3-4 minutes until it softens. Add the garlic and fry for a further 1-2 minutes.
- Slice the sausages into 2cm rings and add to the pan. Fry for 4-5 minutes until it starts to brown. Sprinkle in the mixed herbs and paprika and continue to cook for a further minute.
- Add the baked beans along with half a tin of water. Allow to simmer for 5 minutes, stirring regularly.
- Toast the sourdough until golden. Spoon the beans over the toast and serve.

Blueberry French Toast

Ingredients: 300g blueberries
70g clear honey
½ orange, zest, and juice
2 eggs
1tsp vanilla essence
230g Greek style yoghurt
80ml semi-skimmed milk
4 thick slices crusty bread
30g butter

Method:

- Place 200g blueberries in a small saucepan with 40g honey and the orange zest and juice.
- Place over a medium heat and bring to a simmer, then reduce for 8-10 minutes, stirring regularly. Leave to cool.
- Combine eggs, vanilla, 30g yoghurt, milk and honey in a shallow dish and whisk together well. Lay the slices of bread in the mixture ensuring both sides are coated. Allow the bread to absorb for 5 minutes.
- Gently heat the butter in a large frying pan and fry the bread for 2-3 minutes on both sides until golden.
- Fold the blueberry compote through the remaining yoghurt and spoon over the toast. Finish with the remaining blueberries and serve.

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3 WAYS WITH BREAD



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Tomato Bruschetta

Ingredients: 200g cherry tomatoes
10g fresh basil
4 thick slices sourdough bread
1 garlic clove
1 - 2 tbsp balsamic glaze
25g feta
Drizzle of olive oil

Method:

- First chop the tomatoes into quarters.
- Place the tomatoes in a bowl with the chopped basil, then season with salt and pepper.
- Toast the sourdough until golden and gently rub the peeled garlic clove over the warm toast.
- Spoon the tomatoes on top of the toast and finish with the balsamic glaze and crumbled feta.
- Finish with a drizzle of oil and more basil if desired.



Joyful June 2023

MONDAY



5 Think of 3 things you're grateful for and write them down

12 Write a gratitude letter to thank someone

19 Get outside and find the joy in being active

26 Make time to do something playful, just for the fun of it

TUESDAY



6 Get out into green space and feel the joy that nature brings

13 Take a light-hearted approach. Choose to see the funny side

20 Rediscover and enjoy a fun childhood activity

27 Be kind to you. Do something that brings you joy

WEDNESDAY



7 Do something healthy which makes you feel good

14 Share a happy memory with someone who means a lot to you

21 Send a positive note to a friend who needs encouragement

28 Notice how positive emotions are contagious between people

THURSDAY

1 Decide to look for what's good every day this month

8 Find joy in music: sing, play, dance, listen or share

15 Look for something to be thankful for where you least expect it

22 Watch something funny and enjoy how it feels to laugh

29 Share a friendly smile with people you see today

FRIDAY

2 Say positive things in your conversations with others

9 Ask a friend what made them happy recently

16 Speak to others in a warm and friendly way

23 Create a playlist of uplifting songs to listen to

30 Make a list of the joys in your life (and keep adding to it)

SATURDAY

3 Re-frame a worry and try to find a helpful way to think about it

10 Bring joy to others by doing something kind for them

17 Take time to notice things that you find beautiful

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

SUNDAY

4 Take a photo of something that brings you joy and share it

11 Eat good food that makes you happy and really savour it

18 Look for something good in a difficult situation

25 Show your appreciation to people who are helping others



ACTION FOR HAPPINESS

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<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)

Via diversa vita una