



# Sir Robert Pattinson Academy

## Health and Wellbeing Bulletin

Term 2 23-24

The wellbeing focus of this issue is 'trying new things'. The Action For Happiness website provides many resources and strategies for supporting wellbeing. There are podcasts, videos and articles that may be of interest. Their monthly focus for November is 'New Ways'. You may have seen these calendars in our previous bulletins, with a different focus/challenge for each day. The November edition is at the end of this issue. Action for Happiness have a free app via Google Play and the Apple Store.

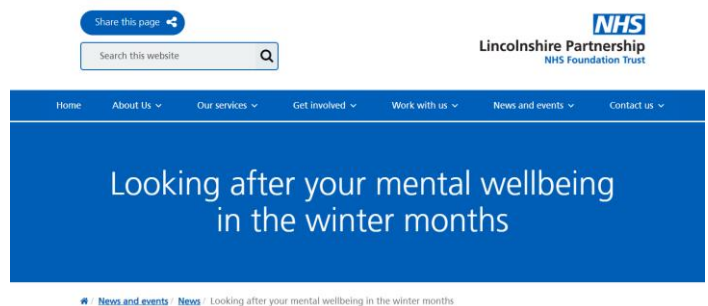
This edition also includes some sporting updates and opportunities to be active at Sir Robert Pattinson Academy as well as updates from Hospitality and Catering and some Christmas recipe ideas.

**Just try new things. Don't be afraid, step out of your comfort zone and soar.**

~ Michelle Obama



ACTION FOR HAPPINESS



Click on the links above for more information

## How can I be active at Sir Robert Pattinson Academy?

At Sir Robert Pattinson Academy, we aim to provide opportunities to allow students to take part in as many activities as possible. Alongside curriculum PE lessons, we offer a wide variety of clubs that are open to all. Each half term the clubs are updated.

### Term 2 PE clubs – Get involved in school sport

Please see below for the list of sporting clubs you could get involved in during Term 2.

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	Football - Y9-11 Girls' football - Y7-11	Netball - all years	GCSE Dance	Year 7 Football
	Basketball (Y7-8 Blue week) (Y9-11 Red week)			Basketball - girls	
	Year 8 football				
	Rugby - Y8/9 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.

### Upcoming House Competitions

We are launching our House sporting competitions for the coming year. The first set of competitions are for badminton, starting with Year 7s. The competition dates are as follows:

Year 7 badminton – Monday 13 November

Year 8 badminton – Monday 20 November

Year 9 badminton – Monday 27 November

Year 10/11 badminton – Monday 4 December

More details will be shared through R2L form tutors. Further sports competitions will follow.

### Inter-School Sport

The focus of Term 1 for inter school sport was netball and football. We have made a solid start to the district leagues with some fantastic results.

Our Year 7, Year 10 and Year 11 football teams are currently undefeated in their leagues. The Year 11s have won two from two with close games against North Kesteven and Lincoln Christ's Hospital School; The Year 10s have won two and drawn one, scoring seventeen and conceding four; The Year 7s made a fantastic start, winning five from five, scoring forty-seven and conceding four.

The netball teams have competed well in their games. The Year 9 team have won their only game so far, defeating Lincoln Christ's Hospital School.



## Term 2

Term 2 brings the start of the county cup competitions in football. We have entered Years 7 - 11 as well as our Year 7 girls. We have also entered competitions in basketball, badminton, girls' 5-a-side football, girls' 7-a-side football, handball, benchball and we have our first rugby fixture planned. In addition, we have the district cross-country championships taking place at Riseholme on Friday 1 December.

## Fun run

On Friday 17 November 2023, we are due to hold our Academy fun run. All students will be involved. We are raising money for this year's Academy charity St Barnabas. Any donations, however great or small, will make a huge difference.



As you can see, there are many opportunities for students to get involved.

# Hospitality and Catering

Year 10 students have decorated a Christmas-themed table for the Springboard's FutureHost competition. We are still awaiting judging on this.

KS4 students have been working hard for a place in the local round of the 25<sup>th</sup> anniversary of Springboard's FutureChef. We held the Academy final last week which saw Dominic O'Connor and Chester Kinloch through to the local heat, representing SRPA in Nottingham at the end of November.

We wish them the best of luck!



## Christmas Tree Biscuits

200g unsalted butter  
200g golden caster sugar  
1 egg  
1 tsp vanilla extract  
1 tsp each ground cinnamon, ground ginger and mixed spice  
400g plain flour  
125g icing sugar

Recipe of the term

Put the butter in a bowl and beat using an electric whisk until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour and spices. If the dough feels sticky, add a little more flour. Bring the dough into a ball, wrap and chill for 15 minutes.

Heat the oven to 200°C and line two baking trays with baking parchment.

Dust a clean work surface with flour and roll out the dough to the thickness of a pound coin, before cutting out biscuits. Arrange the biscuits on the baking trays. Bake for 10-12 minutes until the edges are set. Leave to cool for 5 minutes before transferring to a wire rack to cool completely.

Mix the icing sugar with 1tbsp water until you have pipeable consistency. Fill a piping bag with the icing and decorate the biscuits.

These will keep in an airtight container for three days.

Christmas, for me, is not just about the big day. There are lots of opportunities to enjoy the build-up and create lots of wonderful, festive dishes. Yule logs, spiced biscuits, Christmas cake and pudding and a show-stopper gingerbread house are all made in our house in the run up to Christmas.

Please use these links for recipes.

[https://www.bbc.co.uk/food/recipes/yule\\_log\\_15656](https://www.bbc.co.uk/food/recipes/yule_log_15656)

<https://www.bbcgoodfood.com/recipes/simple-gingerbread-house>

If you create any of these, please send your photos to [Ahodson@srpa.co.uk](mailto:Ahodson@srpa.co.uk)

# New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel
6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about
13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site
20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show
27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times			



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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.nrw.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](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](mailto:Mfragle@srpa.co.uk))