



26 April 2024

Dear Parent/Carer

## **Health & Wellbeing Bulletin, Latest Apprenticeship, Year Group Photos, HPV Vaccinations – Year 8, Pertussis Information**

Welcome to my end of week update letter.

This week will be a little bit shorter because I have been away from the Academy for a few days recovering from surgery.

Since I last wrote to you, our Year 7 boys' football team have played their County Cup quarter final versus Sir William Robertson Academy running out 9-0 winners. After winning the league, the lads just keep marching on!

More important updates below:

### **Health & Wellbeing Bulletin**

Please find attached the latest edition of the Health & Wellbeing Bulletin.

### **Latest Apprenticeship Vacancies**

Attached are the apprenticeship details that are currently being advertised in the Lincoln area.

Mrs Mather sends comprehensive details out regularly to all Year 11 and Year 13 students to support with their next steps. We will be including these periodically in my letters to give parents/carers this overview too. If your son or daughter does require any specific next steps support, then please contact Mrs Mather directly at [smather@srpa.co.uk](mailto:smather@srpa.co.uk).

### **Year Group Photos**

On Monday 29 April 2024, we have arranged for the school photographer to attend the Academy in order to take year group photos. If your child does not have photo consent, we will of course ensure they are not involved in the photographs. These will be made available for purchase in due course, but will also be displayed around the Academy.

### **HPV Vaccinations – Year 8**

As a reminder, HPV vaccinations will be carried out on 1 May 2024. All letters have been sent out and consent is required in the usual format.

### **Pertussis Information**

Please find attached letter published by the UK Health Security Agency in relation to Pertussis (Whooping Cough).

Now that my letters are also making their way to our Year 6 parents - and I am well known for signing off with a quote - I have been reflecting on the journey you are embarking on which will inevitably include feelings of excitement and apprehension with a new beginning just around the corner. With this in mind, I am reminded of the words of American author Mark Twain, who said "I have had a lot of worries in my life, most of which never happened."

Try not to worry about what is coming. We've got this together.

Have a good weekend when it comes.

I will write again soon.

Yours faithfully



**Mr D Hardy**  
**Headmaster**



"This is a calm, happy and caring school."



Highways Development Programme Apprenticeship	Higher Level Apprenticeship	VAC1000244383	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244383">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244383</a>	Lincolnshire County Council (Lincolnshire)	LN1 1YG
Apprentice Landscape Site Operative	Intermediate Level Apprenticeship	VAC1000041468	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000041468">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000041468</a>	WEST LINDSEY LANDSCAPES LTD (Lincolnshire)	LN1 2ZB
Warehouse Apprentice	Intermediate Level Apprenticeship	VAC1000232383	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000232383">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000232383</a>	HOWDEN JOINERY LIMITED (Louth)	LN11 0UD
Apprentice Chef	Intermediate Level Apprenticeship	VAC1000238717	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238717">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238717</a>	The Panacea (LOUTH)	LN11 9LJ
Sales Administrator Apprentice	Advanced Level Apprenticeship	VAC1000240618	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000240618">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000240618</a>	Crofts Estate Agents (Louth)	LN11 9NR
Apprentice Optical Assistant	Advanced Level Apprenticeship	VAC1000245898	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245898">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245898</a>	Jaysons Opticians (Louth)	LN11 9NR
Apprentice Customer Service Assistant	Intermediate Level Apprenticeship	VAC1000242478	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000242478">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000242478</a>	MASONS (LOUTH) LTD (LINCOLNSHIRE)	LN11 9QD
Business Administrator Apprentice	Advanced Level Apprenticeship	VAC1000238265	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238265">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238265</a>	MARISCO MEDICAL PRACTICE LTD (Mablethorpe)	LN12 1DP
Apprentice Pharmacy Assistant	Intermediate Level Apprenticeship	VAC1000241661	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000241661">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000241661</a>	LP SD THIRTY SIX LIMITED (Alford)	LN13 9DJ
Business Administration Apprentice - Agricultural & Auctioneering Department	Advanced Level Apprenticeship	VAC1000246120	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000246120">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000246120</a>	Willsons Property Professionals Ltd (Alford)	LN13 9DR
Apprentice Line Chef	Intermediate Level Apprenticeship	VAC1000235592	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000235592">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000235592</a>	Marstons - Magna Carta Lincoln ()	LN2 1PZ
Quantity Surveyor/Estimator Apprentice	Higher Level Apprenticeship	VAC1000245144	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245144">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245144</a>	BELVIN CONSTRUCTION LIMITED (Lincoln)	LN2 2LL
Facilities Management Supervisor Apprentice	Advanced Level Apprenticeship	VAC1000233519	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000233519">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000233519</a>	AMEY SERVICES LIMITED (Boultham)	LN2 4BD
Apprentice Hairdresser	Intermediate Level Apprenticeship	VAC1000238798	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238798">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238798</a>	Lilac's Hair Design (LINCOLN)	LN2 4QP
Business Administrator Apprenticeship	Advanced Level Apprenticeship	VAC1000237215	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237215">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237215</a>	RILMAC INSULATION LIMITED (Lincolnshire)	LN3 4NJ
Apprentice Maintenance and Operations Engineering Technician	Advanced Level Apprenticeship	VAC1000245834	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245834">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245834</a>	EPA MANUFACTURING LIMITED (Lincolnshire)	LN3 5DR
Heavy Vehicle Apprenticeship - Ford and Slater Lincoln	Advanced Level Apprenticeship	VAC1000225938	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000225938">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000225938</a>	FORD & SLATER LIMITED (Lincoln)	LN4 2NQ
RAF Weapon Technician - Full Time Career with Apprenticeship	Advanced Level Apprenticeship	VAC1000238463	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238463">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238463</a>	Royal Air Force (Lincoln)	LN4 4SY
RAF Air Traffic & Weapons Controller - Full Time Career with Apprenticeship	Higher Level Apprenticeship	VAC1000244049	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244049">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244049</a>	Royal Air Force (Lincoln)	LN4 4SY
RAF Air Operations Control Officer - Full Time Career with Apprenticeship	Higher Level Apprenticeship	VAC1000244310	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244310">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244310</a>	Royal Air Force (Lincoln)	LN4 4SY
RAF Firefighter - Full Time Career with Apprenticeship	Advanced Level Apprenticeship	VAC1000244463	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244463">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244463</a>	Royal Air Force (Lincoln)	LN4 4SY
Apprentice Receptionist and Administrator	Intermediate Level Apprenticeship	VAC1000238819	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238819">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238819</a>	CLIFF VILLAGES MEDICAL PRACTICE (Lincoln)	LN5 0JJ
Paralegal Apprentice	Advanced Level Apprenticeship	VAC1000237235	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237235">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237235</a>	WILKIN CHAPMAN GROUP LTD (Lincoln)	LN5 7AY
Paralegal Apprentice	Advanced Level Apprenticeship	VAC1000237230	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237230">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237230</a>	WILKIN CHAPMAN GROUP LTD (Lincoln)	LN5 7AY

Paralegal Apprentice	Advanced Level Apprenticeship	VAC1000237669	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237669">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237669</a>	WILKIN CHAPMAN GROUP LTD (Lincoln)	LN5 7AY
Apprentice Hairdresser	Intermediate Level Apprenticeship	VAC1000238749	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238749">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238749</a>	Sincil Salon (LINCOLN)	LN5 7ET
Apprentice Lettings Negotiator - Business Administrator	Advanced Level Apprenticeship	VAC1000240242	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000240242">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000240242</a>	Lovelle Estate Agency (LINCOLN)	LN5 8AH
Dental Nurse Apprentice	Advanced Level Apprenticeship	VAC1000156316	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000156316">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000156316</a>	BW PARTNERSHIP (LINCOLN)	LN5 9AB
125 Business Administrator Apprenticeship Level 3	Advanced Level Apprenticeship	VAC1000237843	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237843">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000237843</a>	WEST LINDSEY LANDSCAPES LTD (Exchange Road)	LN6 3JZ
Equipment Engineering Apprentice	Advanced Level Apprenticeship	VAC1000239678	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000239678">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000239678</a>	DYNEX SEMICONDUCTOR LIMITED (Lincolnshire)	LN6 3LF
Apprentice Maintenance and Operations Engineer - Mechanical	Advanced Level Apprenticeship	VAC1000245789	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245789">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245789</a>	FCC RECYCLING (UK) LIMITED (Lincoln)	LN6 3QW
144 Level 2 Customer Service Apprenticeship	Intermediate Level Apprenticeship	VAC1000238826	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238826">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238826</a>	PROTEGO WARRANTIES LTD (STATION ROAD)	LN6 3QX
Apprentice Autocare Technician	Intermediate Level Apprenticeship	VAC1000243316	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000243316">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000243316</a>	Stoneacre Motor Group (Lincoln)	LN6 3SR
Software Engineer Degree Apprentice	Degree Level Apprenticeship	VAC1000223742	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000223742">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000223742</a>	LEONARDO MW LTD (Lincoln)	LN6 3TA
Light Vehicle Technician Apprenticeship	Advanced Level Apprenticeship	VAC1000238948	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238948">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000238948</a>	Mercedes-Benz of Lincoln (Lincoln)	LN6 3TA
Manufacturing Apprentice	Advanced Level Apprenticeship	VAC1000234304	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000234304">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000234304</a>	TELEDYNE UK LIMITED (Lincoln)	LN6 7AA
Supply Chain Apprentice	Intermediate Level Apprenticeship	VAC1000243606	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000243606">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000243606</a>	TELEDYNE UK LIMITED (Lincoln)	LN6 7AA
Apprentice Hairdresser	Intermediate Level Apprenticeship	VAC1000234577	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000234577">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000234577</a>	Edwin & Co (Lincoln)	LN6 7PX
Nursery Nurse Apprentice	Intermediate Level Apprenticeship	VAC1000244379	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244379">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000244379</a>	Paper Moon Nurseries (Lincoln)	LN6 7TH
Apprentice Hairdresser	Intermediate Level Apprenticeship	VAC1000234570	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000234570">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000234570</a>	RED HAIR AND BEAUTY LIMITED (LINCOLN)	LN6 7TQ
Apprentice Agricultural Engineer	Advanced Level Apprenticeship	VAC1000215145	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000215145">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000215145</a>	H & S ROE & SONS FARMS LTD (LINCOLN)	LN6 9NQ
Apprentice Business Administrator	Advanced Level Apprenticeship	VAC1000233716	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000233716">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000233716</a>	COOLAIR LOGAN (Lincoln)	LN6 9UH
Apprentice Learning Support Assistant Level 3	Advanced Level Apprenticeship	VAC1000221052	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000221052">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000221052</a>	De Aston School (Lincolnshire)	LN8 3RF
Apprentice Commis Chef	Intermediate Level Apprenticeship	VAC1000243721	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000243721">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000243721</a>	THE ADAM AND EVE (WRAGBY) LTD (LINCOLNSHIRE)	LN8 5QU
Apprentice Engineering Operative - Welder/Fabricator	Intermediate Level Apprenticeship	VAC1000239048	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000239048">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000239048</a>	RICHARD WILLIAMS ENGINEERING LTD (HORNCastle)	LN9 5NS
Apprentice Engineering Operative - Mechanical	Intermediate Level Apprenticeship	VAC1000241950	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000241950">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000241950</a>	RICHARD WILLIAMS ENGINEERING LTD (HORNCastle)	LN9 5NS
Apprentice Business Administrator	Advanced Level Apprenticeship	VAC1000245772	<a href="https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245772">https://www.findapprenticeship.service.gov.uk/apprenticeship/1000245772</a>	RICHARD WILLIAMS ENGINEERING LTD (HORNCastle)	LN9 5NS



# Sir Robert Pattinson Academy

## Health and Wellbeing Bulletin

*Term 5 2023-24*

Welcome to the Health and Wellbeing bulletin for term 5. As the summer (slowly) approaches, this term's bulleting focusses on ways to be active to improve wellbeing. The monthly calendar 'Meaningful May' focus' on daily tasks to improve activity levels, looking for and promoting positivity with the overall aim of improving physical and mental health.

In addition, we have our usual updates from the PE department and Food Technology.

Have a great term.

We are all aware that being active is good for our health and wellbeing. However, the reality of being more active isn't always as easy as it sounds. Often, there are many reasons why we don't exercise enough. These can include: Working late, family commitments, homework, among other things. Being active doesn't have to be playing sport. The NHS website (link below) suggests ways we can include more activity in our daily routine.

<https://www.nhs.uk/better-health/get-active/how-to-be-more-active/>

### **Ways to Increase Activity in Daily Life**

Not all of us are naturally sporty and it can be hard to know where to begin.

Start small by finding easy ways to fit more activity into your daily life and build up from there, for example:

- Stand rather than sit when you can, like on train or bus journeys, or try getting off the bus a stop or two early and walking the rest of the way
- If you have to drive somewhere, park a little further away than you need to – even just the far end of the car park adds a little extra activity
- Take the stairs instead of the lift or walk up escalators when you get the chance
- Try making the school run a school walk or school cycle a few times a week

## Get into a routine

Every bit of extra activity you do matters, no matter how big or small. But the more you do, the more you benefit.

That's why finding a way to make lasting changes and increase your activity levels in the long term can make a real difference to your life.

Here are 6 ways you can make a routine of being active.



### Find something you enjoy

You're far more likely to stick with something if you enjoy it. Give one of the [exercise plans](#) below a go, or try searching for an online programme.



### Track your progress

Whether it's steps, distance or active minutes, setting a daily target and hitting it will feel great! Tracking apps – like [Active 10](#) or a health app on your phone – can help, but even just a checklist on a piece of paper will do.



### Go from strength to strength

Strength-building activities – like carrying heavy grocery bags, or an [online pilates](#) or [strength workout](#) video – help keep muscles, joints and bones strong. Aim to do this at least twice a week.



### It's better together

If your friends and family want to be more active too, try engaging everyone's competitive side with challenges like seeing who can do the most steps or cover the most distance in a day.



### Get into a good habit

Set a reminder (you could use the alarm or timer on your phone) to get up and move every 30 minutes during the day. Try stretching during TV ad breaks or pacing around the kitchen while the kettle's boiling.












### Reward yourself

Set yourself activity goals and rewards. You could go for a long walk then treat yourself to an episode of your favourite TV show.

## Free exercise plans for beginners

As well as being generally more active, you could set aside a few days a week for more structured exercise. The following plans are free and all designed for people who may not have been active for a while.

Before you start, think about where and on which days you're going to exercise, and when in the day you can fit it in. A little prep can be the difference between getting going or making excuses not to.

	<b>Active 10 app</b> Track and build up your daily walks – start with 10 minutes every day!  		<b>Couch to 5K app</b> A running app for absolute beginners, as well as recent Couch to 5K graduates.  
	<b>Home workout videos</b> Follow along with our home workout routines – no equipment needed! <a href="#">Try a home workout</a>		<b>NHS Fitness Studio videos</b> Pick from 23 instructor-led videos across a range of exercise categories. <a href="#">See Fitness Studio videos</a>
	<b>NHS exercise guides</b> Exercise guidelines and workouts to help improve your fitness and wellbeing. <a href="#">Browse the guides</a>		

## 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 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	Girls' Cricket Years 7-8	Tennis Years 7-10	Girls' rounders Years 7-10	Tennis Years 7-10	
		Cricket Years 7-10		GCSE PE Intervention	

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

### Upcoming Fixtures/Competitions

#### Rounders

14/05/2024 – Year 9 rounders tournament @ SRPA – SRPA, PCLA, Minster, BCA

23/05/2024 – Year 8 rounders tournament @ SRPA – SRPA, PCLA, Minster, BCA, NKA

06/06/2024 – Year 7 rounders tournament @ SRPA – SRPA, PCLA, Witham, Minster, BCA, NKA

#### Cricket

16/05/2024 – Year 7/8 cricket v Minster (Away)

04/06/2024 – Year 7/8 cricket v William Farr (Away)

11/06/2024 – Year 7/8 cricket v LCHS (Away)

13/06/2024 – Year 7/8 girls cricket competition @ Lindum CC – SRPA, WF, LSST, Pembroke, Witham, LCHS, Minster.

#### Tennis

25/04/2024 – Year 7/8 boys, Year 7/8 girls and Year 9/10 boys v William Farr (Home)

29/04/2024 – Year 7/8 boys and Year 9/10 girls v Bourne Grammar (Away)

30/04/2024 – Year 7/8 boys and Year 7/8 girls v Louth Academy (Home)

09/05/2024 – Year 9/10 boys v Somercotes Academy (Away)

#### Athletics

08/05/2024 – District Athletics Trials

03/07/2024 – District Athletics Championships

# Hospitality and Catering

Food and mood – how can the food we eat impact our mental health?

Evidence suggests that improving our diet would improve our mood and give ourselves a boost. This can help to reduce stress, ease anxiety and can even help fight depression. Reducing our consumption of processed foods, such as refined fats, sugars and salts, and replace these with fresh, wholefoods would be favourable when looking for a diet to support your mood. There are many recipes that can be made that will help boost moods, which contain different vitamins and minerals which all play different roles in our diet.

The following recipe, Chicken Satay Salad, combines chicken and peanuts which are both high in protein, which will help keep blood sugars stable, which in turn supports more stable moods throughout the day. Chicken is also a great source of vitamin B12, which has been shown to help fight depression, and peanuts have been shown to help improve both memory and stress response due to their high polyphenol content.

## Chicken Satay Salad



### Ingredients:

- 1 tbsp tamari
- 1 tsp medium curry powder
- ¼ tsp ground cumin
- 1 garlic clove, finely grated.
- 1 tsp clear honey
- 2 skinless chicken breast fillets
- 1 tbsp crunchy peanut butter
- 1 tbsp sweet chilli sauce
- 1 tbsp lime juice
- sunflower oil, for wiping the pan.
- 2 Little Gem lettuce hearts, cut into wedges.
- ¼ cucumber, halved and sliced
- 1 banana shallot, halved and thinly sliced.
- coriander, chopped.
- seeds from ½ pomegranate.

🕒 Prep: 15 mins    🍴 Easy    🍴 Serves 2

👨‍🍳 Cook: 5 mins - 10 mins  
plus at least 1 hr marinating

Try this no-fuss, midweek meal that's high in protein and big on flavour. Marinate chicken breasts, then drizzle with a punchy peanut satay sauce

♥️ Healthy    ✓ High-protein    ✓ Low carb

**Nutrition: per serving**

low in	low in	low in	low in	low in	low in	high in	low in
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
353	10g	2g	24g	21g	7g	38g	1.6g

### Method:

**STEP 1:** Pour the tamari into a large dish and stir in the curry powder, cumin, garlic and honey. Mix well. Slice the chicken breasts in half horizontally to make 4 fillets in total, then add to the marinade and mix well to coat. Set aside in the fridge for at least 1 hr, or overnight, to allow the flavours to penetrate the chicken.

**STEP 2:** Meanwhile, mix the peanut butter with the chilli sauce, lime juice, and 1 tbsp water to make a spoonable sauce. When ready to cook the chicken, wipe a large non-stick frying pan with a little oil. Add the chicken and cook, covered with a lid, for 5-6 mins on a medium heat, turning the fillets over for the last min, until cooked but still moist. Set aside, covered, to rest for a few mins.

**STEP 3:** While the chicken rests, toss the lettuce wedges with the cucumber, shallot, coriander and pomegranate, and pile onto plates. Spoon over a little sauce. Slice the chicken, pile on top of the salad and spoon over the remaining sauce. Eat while the chicken is still warm.



# Meaningful May 2024

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Do something kind for someone you really care about

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

3 Take a step towards an important goal, however small

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

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

6 Look for people doing good and reasons to be cheerful

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

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](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)

IN A WORLD WHERE YOU  
CAN BE ANYTHING

*be kind*

**ARE YOU INTERESTED IN CONTRIBUTING TO THE NEXT EDITION OF THIS NEWSLETTER?**

If so, contact Mr Fell ([GFell@srpa.co.uk](mailto:GFell@srpa.co.uk))

Sapientia et Doctrina



Dear parent or guardian,

This letter contains important health information.

I am writing to inform you that the UK Health Security Agency (UKHSA East Midlands Health Protection team) has identified an increase in confirmed or suspected cases of whooping cough (pertussis) in school age children across the East Midlands region.

Individual cases have been provided with advice, but we would like to take this opportunity to raise awareness regarding vaccination and symptoms of whooping cough to be aware of.

### Symptoms

Whooping cough is caused by infection with pertussis bacteria. For most school-age patients, symptoms will resolve over a number of weeks, while for some, coughing can persist for a few months.

The symptoms of pertussis include:

- a cough lasting several weeks following initial cold-like symptoms
- prolonged bouts of coughing ('paroxysms')
- post-coughing retching or vomiting
- a 'whoop' sound on breathing in
- rib pain

Find more information about pertussis on the NHS website:  
<https://www.nhs.uk/conditions/whooping-cough/>.

Untreated pertussis is no longer infectious after 21 days but with appropriate antibiotic treatment this reduces to 48 hours.

### Advice for parents or guardians

If your child has any of the symptoms described above, we advise you seek medical advice from a GP and take along this letter.

Your GP may then arrange testing for whooping cough.

Your GP can also prescribe antibiotics without waiting for test results. Antibiotics are not required if there has been more than 21 days of coughing.

Whooping cough is no longer infectious from 48 hours of starting appropriate antibiotics, but your child should stay isolated at home until they have had 48 hours of antibiotic treatment.

Whooping cough is spread through respiratory droplets: coughing into tissues and washing hands with soap and water can reduce spread.

If your child missed any of their infant or pre-school vaccines, we recommend that you arrange catch-up vaccination through your GP practice as soon as possible. If your child is up to date with their pertussis vaccination, we do not advise any further boosters.

It is still possible for fully vaccinated children to develop whooping cough (although the illness is generally milder) so if your child develops symptoms they should be taken to the GP for advice.

### At-risk groups

Whooping cough is of most concern in unimmunised infants when it can be life threatening. Vaccinations to prevent whooping cough are routinely given to infants, pre-school children, and pregnant women.

We recommend all pregnant women get their routine vaccination against pertussis ideally between weeks 20 and 32 of pregnancy (but can be given from 16 weeks and up until labour if needed) in order to protect their baby.

Those in risk groups or with regular contact with persons in a risk group should consider avoiding events where they may come into contact with those unwell with pertussis.

Yours sincerely

**David Pearce**  
**Regional Deputy Director**  
**East Midlands Health Protection team**  
**UK Health Security Agency**