



Sir Robert Pattinson Academy

Health and Wellbeing Bulletin

Term 3 2023-24

New Year New You?

The new year is here, and many will be taking the opportunity to make New Year's resolutions. These are often seen as positive and light-hearted and tradition dictates that we take the opportunity to make some radical changes to our lifestyle. However, sometimes these can do more harm than good to our mental wellbeing.

This edition will look at how we can set healthy and positive resolutions this year; we will also look back to sporting achievements in term 2 and forward to upcoming opportunities in PE and sport; and, we will have our usual updates from hospitality and catering including our recipe of the term.

We hope you have a happy new year!

New Year's Resolutions.

There is nothing wrong with making a pledge to live your best life or make positive changes. However, when doing so, we should be careful to make sure that we do so in a mentally healthy way.

Reasons why New Year's resolutions may be unhelpful:

- They are often black or white, success or failure. "Failure" to keep our New Year's resolution can lead us to believe we are also "failures" which can affect our self-esteem and confidence.
- Resolutions are often large in scale and daunting; this can lead to more self-doubt and less motivation.
- New Year's resolutions can encourage negative and harmful changes over positive ones. One of the most common of these changes relates to diet culture and weight loss for appearance. This can lead to people feeling shame for what they eat and ultimately turning to unhealthy diet habits.

Making healthy New Year's resolutions.

Remember, the first day of January is just another day. Healthy changes can be made at any time. However, if you feel encouraged to make a change it is important to make the right type of resolution.

Remember the following:

- If we forget to stick to our planned resolution, it's OK to forgive yourself and carry on. It's important that we continue to try. Studies show that new habits take around 10 weeks to form, so we shouldn't expect to make grand changes within just a few weeks of effort.
- Try not to compare yourself to others. You are an individual and if you find it more difficult to stick to your resolution than others that is okay. Many different factors can play a part in this.
- Try to use positive language. Rather than "I have to" or "I must", try using "I get to" or "I will try". Reframing our resolution from negative to positive, a demand to an opportunity, helps us get into the right state of mind and helps to eliminate the fear of failure.

More information on healthy resolutions can be found [here](#).

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 3 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 11 Table Tennis
	Year 9 Badminton	Year 10 Badminton	Year 11 Badminton	Year 7 Badminton	Year 8 Badminton
After school 3.20 - 4.20pm	Basketball (Y7-8 Blue week) (Y9-11 Red week)	Football - Y9-10 Girls' football - Y7-11	Netball - all years	GCSE Dance	Year 7 Football
	Year 8 football		House Basketball Competitions: Y7 10 Jan, Y8 24 Jan, Y9 31 Jan, Y10/11 7 Feb	GCSE PE Intervention	
	Table tennis - all years				
	Rugby - Y8/9 boys				
For all sports clubs, please line up outside of the PE area.					
Lunch-time clubs start at 12.45pm, no entry after this point . Students may take part in lunch-time clubs in their uniform and blazers can be removed. Trainers should be worn .					
After-school clubs start at 3.20pm and finish at 4.20pm. Correct SRPA PE kit is required					

Students may take part in lunch-time clubs in their uniform. Please bring trainers. Blazers can be removed.

After-school clubs start at 3:20pm 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 badminton starting with the Year 7s. The competition dates are as follows:

Year 7 basketball – Wednesday 10 January

Year 8 basketball – Wednesday 14 January

Year 9 basketball – Wednesday 21 January

Year 10/11 basketball – Wednesday 28 January

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

Inter school sport.

Term 2

Year 7 Girls' v Year 7 B-Team.

The Year 7 girls' and the Year 7 B-Team played their first football match in a friendly against each other in November. The B-team took the victory but there were some fantastic performances from both teams.

The Year 7 girls' start their county cup competition soon, and we are hoping to arrange further fixtures for the B-Team also.



Cross-country

On Friday 28 November, students braved the freezing conditions to complete in the district cross-country champions at Riseholme Campus. All students behaved impeccably and showed real determination in their races. Top finishers were Milo B – 4th, Lilah M – 5th, Savannah W – 11th, Harry N – 14th, Poppy H – 16th, Oliver G – 16th, Nikita L – 17th. The Year 7 girls' team and the Year 7 boys' team both claimed second place.

Well done to all who took part.





Basketball

Our SRPA Year 11, 12 & 13 basketball team held their own in a very competitive tournament on 21 November 2023 at Priory LSST, finishing 3rd overall. The team, predominantly made up of Year 11s, played with maturity and confidence. Year 13s Ciaran C and Leo W played in their first competitive fixture giving balance to the team. However, our player of the tournament must go to Logan W who showed determination in both his attacking and defensive roles. Well done to everyone who took part!



Our Year 9 basketball team participated in a Year 9 & 10 basketball tournament at Priory LSST on Tuesday 12 December 2023. The boys had a very positive start beating Lincoln Christ Hospital School 18-2 and held our own against the other schools, managing another victory against Gainsborough Academy in the penultimate match.

The performances of the tournament were Leo K and Jayden A. Leo beat his previous best in terms of points scored and rebounds. Jayden played in a new position and led the team extremely well.



Benchball

We hosted the Year 8 bench ball tournament at SRPA. Our Year 8s made fantastic progress throughout the event and showed great teamwork. Overall, we came 2nd in the tournament. A big shout out to LSST for taking the 1st place trophy and thank you to Branston and The Gainsborough Academy for joining us.



Term 3 – Upcoming fixtures

11 January – Y7 girls' 5-a-side football competition @ QEHS, Gainsborough

15 January – Y7 boys' badminton v Priory LSST (A)

15 January – Y7/8 girls' badminton v Priory LSST (A)

18 January – Y7 football v Branston Community Academy (H) – County Cup 2nd round

18 January – Y7 netball v Minster (A)

22 January – Y7 girls' 5-a-side football competition @ QEHS, Gainsborough

23 January – Y7/8 basketball competition @ Priory LSST

24 January – Y7 girls' 7-a-side football competition @ Priory City of Lincoln Academy

24 January – Y10 football v Spalding Academy (A) – County Cup 2nd round

6 February – Y8 boys' badminton v Priory LSST (H)

6 February – Y10 boys' badminton v Priory LSST (H)

8 February – Y7 boys' badminton v Branston Community Academy (A)

8 February – Y7/8 girls' badminton v Branston Community Academy (A)

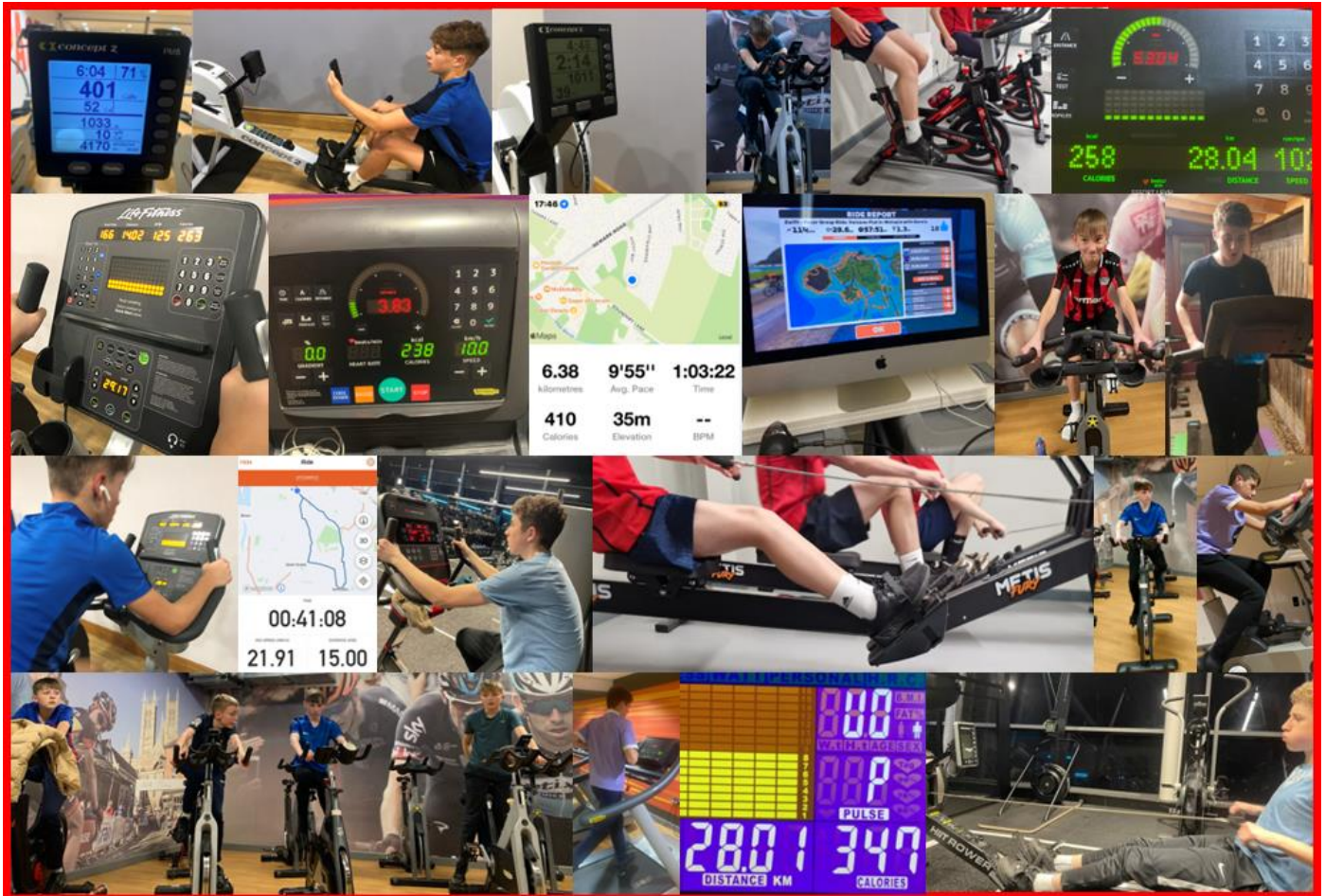
Madrid Football Tour, Easter 24 - Fundraising

During the week of Monday 27 November 2023, all students and members of staff attending the Madrid trip (55 in total) collectively completed the journey from Sir Robert Pattinson Academy to Santiago Bernabéu and then Madrid by running, rowing and cycling. Details of the challenge are below.



The aim of the fundraising was to raise money towards tickets to the Atlético de Madrid versus Girona fixture that is taking place during the time of our visit; this will also include a stadium tour. The funds will also be used to purchase some personalised sports kit for the tour. This will include a training kit that can be used for training during the tour and a sweatshirt for travelling.

Everyone made such a fantastic effort completing the challenge. Some pictures can be seen below. So far in total a magnificent £4,264.50 has been raised, with some funds still to come in.



Hospitality and Catering

Last term saw our wonderful KS4 Hospitality students spend some time after school making mince pies in preparation for SRPA's Christmas Concert. They then stayed and served the mince pies with hot chocolate before the concert. Many thanks to the students who were involved in these two evenings.



With each new year and the start of a miserable January, we all do our best to get our resolutions for the year off to a flying start. For some people, this comes in the form of "Veganuary". This is a month-long challenge of having a plant-based diet and eating no animal products. The aim of this is not only to improve your health, but to reduce your environmental impact on the planet. This is a great way to explore veganism in a manageable, incremental way. Many recipes are easily adaptable to becoming plant based, without losing flavour. My family really enjoy The Hairy Bikers sweet and sour chicken recipe as this is full of colour and flavour. Try this adapted vegan version.

Ingredients:

1 x 425g can pineapple chunks in natural juice
2 tbsp cornflour
2 tbsp soy sauce
2 tbsp white wine vinegar
2 tbsp light brown sugar
2 tbsp tomato ketchup
½ tsp dried chilli flakes
2tbsp sunflower oil
1 medium onion cut into chunks.
2 peppers, cut into chunks.
Carrot cut into matchsticks.
Large handful mangetout/sugar snap peas
Large handful baby corn
2 garlic cloves crushed.
25g piece fresh root ginger, peeled and finely grated.
Freshly ground black pepper

Recipe of the term

Method:

To make the sauce, drain the pineapple in a sieve over a bowl, keeping all the juice – you should have about 150ml. Put the cornflour in a large bowl and stir in 3 tbsp of the pineapple juice to make a smooth paste. Add the remaining juice and 150ml of water, then stir in the soy sauce, vinegar, sugar, ketchup and chilli flakes until fully combined. Set aside. Heat the oil in a large pan and stir-fry the onion and peppers for two minutes over a high heat. Add the remaining vegetables and continue to stir-fry for two minutes. Add the garlic, ginger and pineapple chunks and stir-fry for a further 30-60 seconds. Give the sauce a good stir and add it to the pan. Stir well, season and bring to a simmer. Cook for 4-6 minutes until the sauce is thickened and glossy. Serve with rice.

Happier January 2024

SUNDAY



MONDAY

1 Find three things to look forward to this year

TUESDAY

2 Make time today to do something kind for yourself

WEDNESDAY

3 Do a kind act for someone else to help brighten their day

THURSDAY

4 Write a list of things you feel grateful for and why

FRIDAY

5 Look for the good in others and notice their strengths

SATURDAY

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside



28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for 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 (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)