



# Sir Robert Pattinson Academy

## Health and Wellbeing Bulletin

Term 4 2023-24

Welcome to the Health and Wellbeing Bulletin for term 4.

The focus of this bulletin is helping others and being kind. The Action for Happiness calendar for February on the last page gives ideas about how to go about this. As we are now approaching the end of the month, I would suggest that these can be completed at any time. The March calendar will be available on the Action for Happiness website soon (link on final page).

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



In 2020, we found that 63% of UK adults agree that when other people are kind, it has a positive impact on their mental health, and the same proportion agree that being kind to others has a positive impact on their own mental health.

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



[Click for link to video](#)

## 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 4 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	Year 8 football	Football - Y9-10 Girls' football - Y7-11	Netball - all years	GCSE Dance	Year 7 Football
	Table tennis - all years			GCSE PE Intervention	
	Rugby - Y8/9 boys			Tennis - Years 7-9	

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.

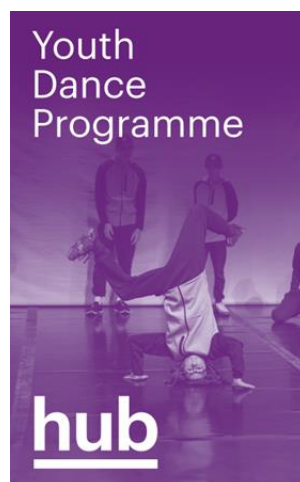
### Tennis Leadership Course

During the last week of term 3, we were fortunate to have the Lincolnshire LTA deliver the Tennis Leadership Award to 46 of our students. This was the first time the Lincolnshire LTA had put on the course within a school and to so many of our amazing students. The day involved pupils developing their skills in communication, leadership, and planning. Incredibly, 8 of our students supported the delivery of the course and in doing so achieved their Competition Organiser Award. All 46 students were awarded their Tennis Leadership Award and are looking forward to using the skills they've gained in their local clubs and communities.



## Local club link

Please see details below regarding a local dance opportunity.



### Youth Dance Programme at OneNK

OneNK Centre, North Hykeham, Lincoln LN6 9AX

Please book online at [hub-sleaford.org.uk](http://hub-sleaford.org.uk)  
For all enquiries email [dance@hub-sleaford.org.uk](mailto:dance@hub-sleaford.org.uk)  
or call 01529 308 710



#### Jumpstart All Male Breakdance

Every Tue, 4.30 – 6pm, at OneNK

Our all male Breakdance Company develops the foundation steps of breaking with a professional b-boy, creating new choreographic work for performance. JumpStart work towards regular performance opportunities throughout the year.

£36 per 6-week term, 10-19yrs



#### Unify Youth Dance

Every Tue, 5.30 – 6.30pm, at OneNK

Classes are relaxed, inclusive, and fun creative dance sessions for young people with learning disabilities, autism and/or physical disabilities. Sessions focus on building confidence by experimenting with different ways of moving through dance.

£26 per 6-week term, 10-19yrs

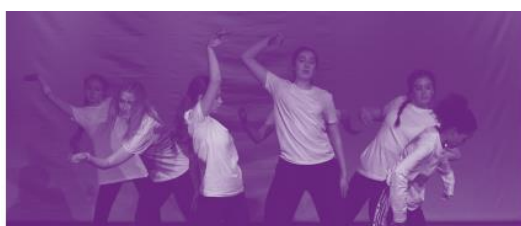


#### Exodus Street Dance

Every Wed, 4.15 – 5.15pm, at OneNK

Exodus is aimed at young people looking to gain foundation knowledge, skills and understanding in the various hip-hop styles. Classes are a progression route to RedXco, our advanced Hip Hop Youth Dance Company.

£33 per 6-week term, 10-19yrs



#### RedXco Advanced Hip Hop

Every Wed, 5.15 – 6.30pm, at OneNK

An advanced Hip Hop Youth Dance Company, RedXco work on various Hip-Hop techniques such as Locking and Popping to an advanced level as well as creating and performing new street dance choreography for performance.

£36 per 6-week term, 14-19yrs



#### Evolve Technique

Every Thu, 4 – 5pm, at OneNK

A Contemporary dance class that builds strength, stamina, and coordination with an emphasis on floor work and finding fluidity in movement. This class is a progressive route into Evolve, our advanced level Contemporary Youth Dance Company.

£33 per 6-week term, 11-19yrs

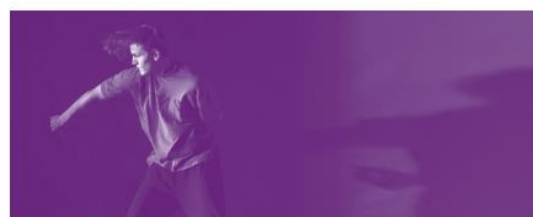


#### Evolve Junior

Every Thu, 4 – 5pm, at OneNK

An introductory contemporary dance class that focuses on strength, stamina, and coordination with an emphasis on floor work and finding fluidity in movement for those looking to begin or develop their contemporary dance technique.

£33 per 6 week term, ages 8-11



#### Evolve Youth Dance Company

Every Thu, 4 – 6pm, at OneNK

Members attend Evolve technique, followed by a creative session for company members only. This advanced Contemporary Youth Dance Company is suited to dancers who are especially interested in performing and creating choreography.

£45.50 for a 6-week term, 15-19yrs



## Hospitality and Catering

### Pane di Pasqua

There's a whole world of Easter breads beyond the trusty hot cross bun. Give something new a go with this buttery plaited beauty from Italy. This soft, magnificently buttery loaf is elegantly flavoured with star anise and citrus. Traditionally it's baked with dyed boiled eggs pressed into the dough, but why not decorate with mini chocolate eggs and sprinkles, for something a little bit different.



#### Method:

Coarsely crush the star anise using a pestle and mortar or rolling pin. Put the milk in a pan over a low-medium heat, then add the star anise and heat gently until just below boiling point. Remove from the heat; set aside to cool to room temperature.

Put the flour in the bowl of a freestanding mixer with a dough hook, along with the salt, sugar and yeast. Mix together, then break in 3 eggs and strain in the cooled milk (discard the star anise). Mix and knead for 5 minutes until smooth.

Gradually add the butter, 1-2 cubes at a time, followed by the zest, then knead for 5-10 minutes to make a soft and silky dough. Lightly butter a large bowl, then scrape in the dough, cover and leave for 2 hours until doubled in size. Knead the dough for 2 minutes, then return to the bowl; cover and chill for at least 1 hour or up to 8 hours.

Divide the chilled dough into 3 even pieces, then roll into 75cm-long ropes, ensuring they're of even thickness along the length. If necessary, very lightly dust the work surface with flour. Alternatively, you could divide the dough and make individual rings as shown in the picture.

Carefully plait the 3 ropes of dough together, wrapping them gently to ensure the thickness of the ropes remains even. Line a large baking sheet with baking parchment.

Lift the plait onto the lined tray and shape into a ring, tucking the ends underneath. Cover the dough loosely with baking parchment and leave to prove for 1-2 hours until well risen.

Preheat the oven to 180°C, gas mark 4. Beat the remaining egg with a large pinch of salt and 2 tbsp water. Carefully brush the egg wash over the dough, then scatter with the coloured sprinkles and bake for 25-30 minutes until the bread is dark golden and risen. Cool on a wire rack before decorating with chocolate eggs.

#### Ingredients:

- 3 star anise
- 200ml whole milk
- 500g strong white bread flour, plus extra
- 1½ tsp fine sea salt
- 50g caster sugar
- 7g sachet easy-bake yeast
- 4 British Blacktail Medium Free-Range Eggs
- 100g unsalted butter, cubed and softened, plus extra for greasing
- 1 unwaxed lemon or scrubbed orange, zest
- Coloured sprinkles and small chocolate eggs, to decorate.



# Friendly February 2024

MONDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

WEDNESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

29 Acknowledge someone's problem or pain rather than trying to fix it

FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why



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)

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))