



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.

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

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	high 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 (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)

Sapientia et Doctrina