

# Sir Robert Pattinson Academy Health and Wellbeing Bulletin

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.

Term 5 2023-24

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.



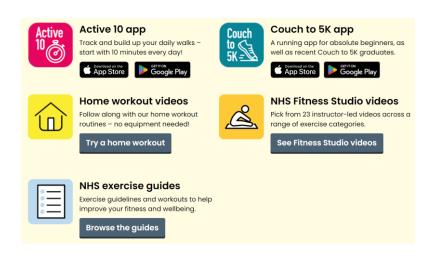
#### **Reward yourself**

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.



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

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, Year7/8 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.

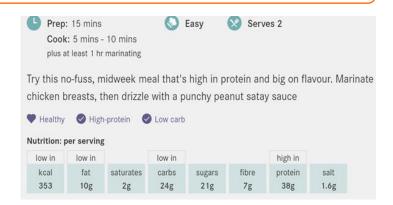
The following recipe, Chicken Satay Salad, combines chicken and peanuts which are both high in protein, which will help keep blood sugars stable, which in turn supports more stable moods throughout the day. Chicken is also a great source of vitamin B12, which has been shown to help fight depression, 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
- 1/4 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.



#### 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.



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)

<u>https://giveusashout.org</u> (text service for those in crisis)

https://youngminds.org.uk (mental health charity for young people)

<u>https://web.ntw.nhs.uk/selfhelp/</u> (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



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

If so, contact Mr Fell (GFell@srpa.co.uk)

Sapientia et Doctrina