



Sir Robert Pattinson Academy

Health and Wellbeing Bulletin

Term 1 2023-24

Welcome to the new academic year!

A new year and a new term; firstly welcome to all the new Year 7s. In these first few weeks of adjustment, don't be afraid to ask for help. As for our regulars who are moving up a year, remember you were once an unsure Year 7, so be kind, supportive and offer help when you can, and welcome back! It is lovely to see you all.

So, have you made any new academic year promises? Maybe this year will be the year to improve your writing, nail that maths topic you have struggled with or be more organised in revision. Now is the time to start off with good intentions.

This is our termly health and wellbeing bulletin where we promote health and wellbeing and encourage you to look after yourself. The focus this term is self-care. As we leave behind the hazy days of summer and jump into Autumn, now is a good time to talk about getting into good routines of sleeping and eating well, as well as getting regular physical activity into your weekly routine.

This edition will look at the importance of sleep and ways you can be active within the Academy through PE and sports clubs.

Why Is Sleep Important for Teens?

Sleep is vital for people of any age, but especially in teens. Profound mental, physical, social, and emotional development requires quality sleep.

Effects of teenage sleep deprivation

The developing brain of a teenager needs between 8 and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

- concentration difficulties
- mentally 'drifting off' in class
- shortened attention span
- memory impairment
- poor decision making
- lack of enthusiasm
- moodiness and aggression
- depression
- risk-taking behaviour
- slower physical reflexes
- clumsiness, which may result in physical injuries
- reduced sporting performance
- reduced academic performance

- increased number of 'sick days' from school because of tiredness
- truancy.

So, sleep is key. Our bodies and mind need rest. This combined with healthy eating, will keep our minds and bodies fit and healthier.

The following is taken from <https://kidshealth.org/>

How can you get the sleep you need? Here are some ideas:

Be active during the day. You've probably noticed how much running around little children do — and how soundly they sleep. Take a tip from a toddler and get at least 60 minutes of exercise a day. Physical activity can help improve your mood and ease stress. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.

Avoid caffeine near bedtime. Caffeine is in coffee, tea, energy drinks and more. It's a stimulant, which means it can help keep you awake and alert. That's something you might want in the morning. But at night, it can leave you tossing and turning in bed. To help you sleep, limit how much caffeine you have during the day, and switch to decaf or caffeine-free beverages in the evening.

Say goodnight to electronics. Make your bedroom a tech-free zone. The light from electronic devices tricks the brain into thinking it's still daytime, so shut everything down an hour before lights out. And by turning off your phone, late night texts won't wake you up.

Keep a sleep routine. Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So, unwind every night by reading, listening to music, spending time with a pet, writing in a journal, meditating, or doing anything else that relaxes you

Expect a good night's sleep. Stress can trigger insomnia, so the more you agonize about not sleeping, the more likely you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.



The webpage above gives some good tips on relaxing your brain through videos. If you are struggling to get to sleep, they may be worth a try.

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 1 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	Badminton - all years	Football - All years	Netball - all years	GCSE Dance	
	Rugby - Y8/9 boys		Basketball (Y7-8 Blue week) (Y9-11 Red week)	Basketball - girls	

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.

2023 - 2024 fixtures

We pride ourselves on the number of sporting opportunities we offer. In terms 1 and 4 the main focus of inter-school fixtures is football and netball. However, moving into term 2, we will look at basketball, rugby, badminton and 7-a-side girls' football. The fixtures planned so far for football and netball can be seen below.

Year 7 Football fixtures



Mon 25 Sept	v. LCHS (H)	League
Tue 3 Oct	v. BCA (A)	League
Thu 5 Oct	v. TGA (A)	League
Tue 10 Oct	v. PCLA (H)	League
Tue 17 Oct	v. QEHS (H)	League
Tue 12 Mar	v. WF (H)	League
Tue 19 Mar	v. NK (A)	League

Year 8 Football fixtures



Thurs 21 Sept	v. TGA (H)	League
Mon 25 Sept	v. LCHS (A)	League
Wed 4 Oct	v. QEHS (A)	League
Tue 27 Feb	v. PCLA (A)	League
Mon 4 Mar	v. BCA (H)	League
Wed 13 Mar	v. WF (A)	League

Year 9 Football fixtures



Wed 13 Sept	v. NK (H)	League
Tue 19 Sept	v. TGA (H)	League
Tue 3 Oct	v. BCA (A)	League
Tue 10 Oct	v. PCLA (H)	League
Tue 17 Oct	v. QEHS (H)	League
Mon 26 Feb	v. Pembroke (H)	League
Tue 12 Mar	v. WF (H)	League
Mon 18 Mar	v. LCHS (H)	League
Mon 25 Mar	v. LCA (A)	League

Year 10 Football fixtures



Mon 25 Sept	v. LCHS (A)	League
Wed 4 Oct	v. QEHS (A)	League
Tue 10 Oct	v. TGA (A)	League
Tue 27 Feb	v. PCLA (A)	League
Wed 6 Mar	v. LSST (H)	League
Wed 13 Mar	v. WF (A)	League
Tue 26 Mar	v. BCA (H)	League

Year 11 Football fixtures



Wed 13 Sept	v. NK (H)	League
Mon 25 Sept	v. LCHS (A)	League
Tue 17 Oct	v. QEHS (H)	League
Tue 27 Feb	v. PCLA (A)	League
Mon 4 Mar	v. BCA (H)	League
Tue 12 Mar	v. WF (H)	League
Mon 25 Mar	v. LCA (A)	League

Year 7 Netball fixtures



Tue 3 Oct	v. BCA (A)	League
Tue 17 Oct	v. QEHS (H)	League
Thu 25 Jan	v. Minster (H)	League
Wed 6 Mar	v. LSST (H)	League
Wed 13 Mar	v. WF (A)	League

Year 8 Netball fixtures



Wed 4 Oct	v. QEHS (A)	League
Thu 18 Jan	v. Minster (A)	League
Mon 4 Mar	v. BCA (H)	League
Wed 6 Mar	v. LSST (H)	League
Wed 13 Mar	v. WF (A)	League

Year 9 Netball fixtures



Mon 25 Sept	v. LCHS (A)	League
Mon 25 Mar	v. LCA (A)	League
TBC	v. PCLA	League
TBC	v. WF-B	League

Year 10/11 Netball fixtures



Wed 28 Feb	v. Minster (A)	League
Mon 4 Mar	v. BCA (H)	League
Wed 20 Mar	v. Minster (H)	League
Mon 25 Mar	v. LCA (A)	League



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Self-Care September 2023

MONDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

WEDNESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



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.nrw.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)

Sapientia et doctrina