



# Sir Robert Pattinson Academy

## Health and Wellbeing Bulletin

Term 6 2023 - 2024

Welcome to the Health and Wellbeing Bulletin for Term 6. As the end of the academic year approaches, so does the hot weather (hopefully!)

We encourage our youngsters to enjoy the outdoors, be active and not to be stuck inside during the summer months. However, during hot weather you should be aware of potential risks associated with the sun and outdoor activities.

This bulletin gives advice on how to stay safe during the summer months and includes updates from the PE department on some recent sporting events and opportunities to get involved during Term 6.

### **Summer Safety Advice**

The heat and sun can pose some serious risks, including heatstroke, dehydration and skin cancer.

In order to keep safe this summer it is important to be aware of the weather.

#### **Sun**

Protecting your skin from the sun:

- Use suncream - you should always use a generous amount of water-resistant suncream, at least SPF30. Make sure your skin is clean and dry before applying it and re-apply regularly throughout the day.
- Wear a hat - hats can help to keep the sun off your head, face, neck and ears.
- Stay in the shade - the sun's rays are strongest between 11am and 3pm. This is when it's best to find a shady spot to avoid getting burnt.
- Protect your eyes - your eyes can feel the effects of the sun too. Make sure you wear sunglasses to help protect your eyes from the strong rays of the sun.
- Cover up - protect your skin by covering up with clothes when possible.

For more information on how to stay safe in the sun and skin safety, use the following link.

<https://www.teenagecancertrust.org/information-about-cancer/how-to-stay-safe-in-the-sun>

#### **Heat**

- During heatwaves there is serious risk of heatstroke and dehydration. Drink fluids regularly and follow the advice below from [NHS.uk](https://www.nhs.uk)
- Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.
- Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

- Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees celsius. Check the temperature of rooms, especially where people at higher risk live and sleep.

For more information visit [GOV.UK: Beat the heat: staying safe in hot weather](https://www.gov.uk/guidance/beat-the-heat-staying-safe-in-hot-weather).



## Tips for coping in hot weather



**Look out for those who are most at risk: the elderly, young children, babies and those with underlying health conditions - help them to keep themselves cool and hydrated.**



**Stay cool indoors - Learn how to keep your home cool, see gov.uk.**



**Close curtains in rooms that face the sun to keep indoor spaces cooler. Remember, it may be cooler outdoors than indoors.**



**If going outdoors, use cool spaces considerably.**



**Drink plenty of fluids and avoid excess alcohol. If you are leaving the house, take a bottle of water.**



**Never leave anyone or any animal in a closed, parked vehicle.**



**Try to keep out of the sun during the hottest part of the day - 11 in the morning to 3 in the afternoon.**



**Walk in the shade, apply sunscreen regularly, wear a wide-brimmed hat and light, loose-fitting clothing if you go out in the heat.**



**Avoid exercising during the hottest parts of the day. Try and exercise before 11am or after 3pm if you can.**



**If you are going into open water (rivers, lakes and the sea) to cool down, take care and follow local safety advice.**

Information from [nhs.uk](https://www.nhs.uk)

### Water Safety

Whether holidaying or staying local, there are many hazards presented by open water and, in the heat, there is the added temptation to cool down by swimming. Water-related accidents can also occur when an individual has not made an active choice to enter the water. The [RNLI.org](https://www.rnli.org) website gives lots of advice on water safety, including where to find a lifeguarded beach, and how to 'float to survive'. Some of the key points are detailed below:

- Do not enter water in an unsupervised area. Swimming in lakes and rivers can be extremely dangerous due to underwater currents.

## Beach flags:



### Red and yellow beach flag

Lifeguard-patrolled swimming and body boarding zone or lifeguard on duty.

This shows the lifeguarded area and is the safest place to swim and bodyboard.



### Black and white chequered beach flag

Surfboard and other water craft zone or zone boundary.

For surfboards, stand-up paddleboards, kayaks and other non-powered craft. Launch and recovery area for kitesurfers and windsurfers. Never swim or bodyboard here.



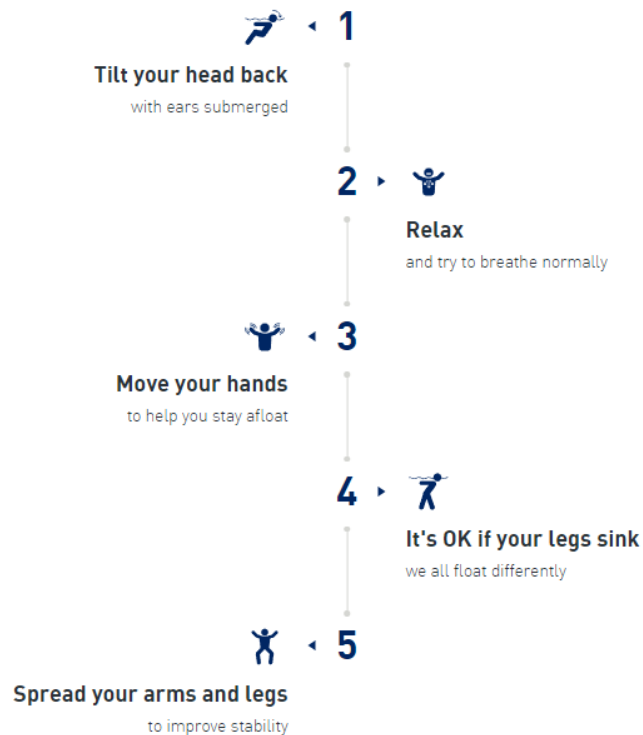
### Red beach flag

Dangerous conditions: do not enter the water.

Signifies a severe hazard, that water conditions are unsafe for swimming and other water activities, and people should not enter the water.

## 5 steps to know how to float

However you end up in the water, if you end up in difficulty, Float to Live.



<https://rnli.org/safety/float>

### What if I see someone else in trouble?

Call for help: Call 999 or 112. Ask for the coastguard.

Throw them a line: Have something that floats or that they can hold on to? Throw it to them.

Stay safe: Do not enter the water yourself. Too many people drown trying to save others.

## Term 6 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
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			

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

### Sports Update

#### Athletics

On 5 June 2024, four of our students attended the Lincolnshire Athletics Championships after qualifying through the district trials. All four students performed extremely well in a very high standard of competition. The standout performance was from Joshua C who won the junior boys' javelin competition to become the county champion.



#### Rounders

On 14 May 2024, we hosted a Year 9 rounders tournament. The competition included Branston Academy, Lincoln Minster and Priory City of Lincoln Academy along with ourselves. The girls performed and conducted themselves really well, finishing in 3<sup>rd</sup> place overall!

On 23 May 2024, we hosted a Year 8 rounders tournament. The competition included North Kesteven Academy, Lincoln Minster and Priory Pembroke Academy along with ourselves. The girls performed fantastically well, finishing in 2<sup>nd</sup> place, narrowly missing out on first place by half a rounder. The girls now progress to a finals tournament to be hosted later in June.

On 6 June 2024, we hosted a Year 7 rounders tournament. Branston Academy, Priory Witham Academy and North Kesteven Academy all attended. The girls conducted themselves extremely well and, in their first competitive fixtures, were unlucky not to finish as runners up, narrowly missing out and finishing in 3<sup>rd</sup> place overall.



### Upcoming fixture/competitions

#### Rounders

T.B.C. – Year 8 girls' rounders finals tournament.

#### Football

T.B.C. – Year 7 county cup final

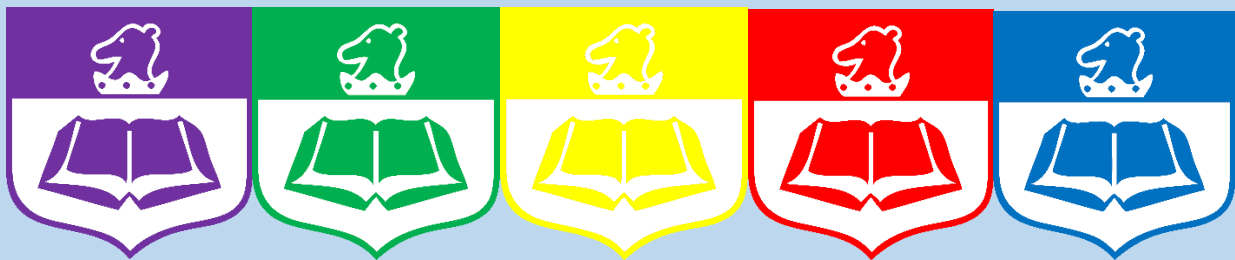
#### Athletics

3 July 2024 – District Athletics Championships

**Coming soon!**

**Sports Day 2024**

Tuesday 9 July 2024



# Joyful June 2024

MONDAY



3 Re-frame a worry and try to find a helpful way to think about it

TUESDAY



4 Take a photo of something that brings you joy and share it

WEDNESDAY



5 Think of 3 things you're grateful for and write them down

THURSDAY



6 Get out into green space and feel the joy that nature brings

FRIDAY



7 Do something healthy which makes you feel good

SATURDAY

1 Decide to look for what's good every day this month

SUNDAY

2 Say positive things in your conversations with others

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to



24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



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](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 Mr Fell ([GFell@srpa.co.uk](mailto:GFell@srpa.co.uk))

Sapientia et Doctrina