

PHSG STUDENT COUNCIL SUMMER HOLIDAY NEWSLETTER

Week 5 - Thursday 20th August

Congratulations to everyone in year 13 on their A-level results last Thursday!

Good luck to the year 11s who are getting their GCSE results today!

It's week 5 and after all that baking last week, here's a well timed newsletter from Abi on exercise! Thank you, Abi, for writing this newsletter and inspiring us all to try a new form of exercise.

It's not just Abi who recommends yoga; Jennifer Aniston calls yoga her go-to practice when she needs to prepare physically and mentally for anything, Katy Perry claims yoga and meditation have been life-changing for her. Gwyneth Paltrow is quoted as saying "yoga has completely changed me, I try to do it every day and the effect is amazing" - not to mention Phillip Schofield's goat yoga!

With endorsement from these celebrities and Abi, I'm going to try an online yoga class! Whatever exercise you decide to do this week, I hope you enjoy it. It will be good for your fitness as well as your mental and emotional health.

This week's newsletter includes messages I've received and photos of what you have been baking! Many thanks to everyone who has contacted me.

A reminder that next week will be the last summer holiday newsletter, so do send me an email czoe14@phsg.org by Tuesday 25th August so we can include your messages in our final newsletter next week!

There are house points on offer for everyone who writes in with a message!

Happy reading and happy holidays!
Zoe :)

Newsletter Writer: Abi, 10WAN, Temple

The topic for this week is... EXERCISE

Exercise is something with which we are all familiar and can all enjoy!

Although we are often told about the benefits and advantages of exercise, many people find it hard to find time for exercise in their busy work or school schedules. This is a very current issue for the health of the UK population, with GPs now able to prescribe cycling or other forms of exercise.



There are many forms of exercise, however, many people may feel restricted and consider only common activities, such as running, cycling, swimming or walking.

If these are not activities that are enjoyable or easy for them, people could find themselves taking limited amounts of exercise.

Team sports and fast-paced exercise are another example of intense forms of activity which are relaxation and relief for some, but not suited to everyone.

An exercise I can recommend is yoga. I had tried yoga on and off for a little while, but quarantine provided me with the time and space to practise more and improve my flexibility and yoga skills. Yoga is often seen as a relaxing form of exercise, but it actually provides high levels of flexibility, concentration, strength and awareness, both of the mind and the body. There are many yoga videos online, often accompanied by meditation or relaxation videos which may also be beneficial.



I recommend Yoga with Adriene (YouTube)

With the Tokyo 2020 Olympics postponed until 2021, we will miss the excitement of record breaking performances on our screens and in the news. From elite athletes to amateurs, we must all find new ways to interact with sport from a safe 2m distance!

We've all had to learn to adapt, through the isolation period to the new 'blur' between work and home life. Workers have adapted their skills to their new environments, schools have adapted their teaching, people have adapted their lifestyles. Adapting our form of exercise is another key part of this 'new normal'. With the closure of gyms, swimming pools and arenas for team sports, people have had to change their normal exercise routines and find a new way to interact with sport, without the equipment or capacity that these centres previously offered. Social media has provided the inspiration for new ways to exercise; it is all around us! We've watched people use paddling pools for swimming training and local parks as running tracks!



So perhaps you've tried running, cycling, swimming, walking and yoga! Hopefully this newsletter has inspired you to take on a new sport for your next exercise regime. Exercise is different for everyone and revolves around your own personal preferences and passions.

There are so many articles, videos and influencers available to discover and help you find your own personal enjoyment and benefit from sport; one popular example is the Couch to 5K.

Here is a link where you can download a podcast each week:

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Don't forget that you can complement your exercise with your own personal music, by creating playlists or albums to listen to. Even in the ever-changing current situation, or the ever-changing weather, music can help you enjoy the exercise more and will motivate and propel you into fitness!

How can I make exercise a part of my regular routine?

1. Make everyday activities more active, even small changes can help
2. Exercise with family, plan social activities that involve exercise
3. Keep track of your progress, a log of your activity, or use a fitness tracker
4. Make exercise more fun, listen to music or watch TV while you exercise
5. Find activities that you can do even when the weather is bad

Plan for today:
Get out of the house
and exercise!



Messages to the editor... my inbox has been buzzing this week - the baking newsletter has prompted some great feedback!

"The newsletters have really tried to get students involved and there is always a really good range of things so everyone can do something." Thank you Amy (11BRO, Latimer) for your kind message. I'm so pleased you are enjoying the newsletters.

Ella (9OSB, Latimer) thinks ***"the newsletters are really interesting and give people ideas to keep them going during the holiday."*** Thank you, Ella.

Mrs Goolden is really enjoying the newsletters: ***"I have loved reading the newsletters and think you have all done an incredible job. The newsletters have been a really interesting read with lots of tips and information. My children and I did some crafting after being inspired by the craft issue and the well-being issue was full of helpful advice. I really appreciate the time that your team has spent on the newsletters. Well done."***

Mrs Goolden also emailed Ruby (7GDN, Latimer): ***"What a super fantastic newsletter I have just read. Your article on craft therapy is brilliant and has inspired us on this overcast day to get busy crafting... very well done."***

Thank you, Mrs Goolden, for your lovely comments. Everyone in Student Council has worked hard to produce these newsletters each week of the summer holiday so we're pleased to hear they are well received.

Now for those baking and craft pictures...

Erika (8RIC, Kendall) emailed me this week to say: ***"I really enjoy baking and I try to do it whenever I can, so here are a few pictures of things I made."***



Erika has been busy baking.

The cinnamon rolls and strawberry sponge cake look wonderful!



Bella (7WAL, Temple) has made a chocolate orange sponge cake which looks delicious!

Bella told me: ***"My favourite part was folding in the bubbles with my spatula.... which, my dad said, is what made it taste good! (He ended up eating half of the cake - haha!)."***





Lauren (11MCA, Anthony) has used baking as a distraction this week. A great idea!

“With GCSE results on the way, I turned to baking my fears away and made profiteroles with freshly whipped cream!”



I've had an endorsement from Mrs. Carter for the chocolate brownies!

“We have made them three times now and they are dangerously delicious - a real treat.”



Maddie (12GRA, Anthony), also on the Head Girl team, has been busy too!

“Last week I made a huge banana bread and I did some embroidery a few weeks ago! Here's my embroidered take on Harry Styles' fine line album.”



I've tried out some new recipes over the summer holiday. Key lime pie...mmm!

I also made apple jelly jam with windfall apples.

The jam was a two-day joint project with my Mum. We had to strain the cooked apples overnight to get the juice. It was a very anxious time the next day, when we were cooking the jam and waiting for it to reach boiling point and set.



It reminded me of a complex and stressful science practical... but as the end result tastes fantastic, it was definitely worth it!!
Zoe :)

Please email czoe14@phsg.org by Tuesday 25th August and we'll include your message and photos in our final newsletter next week!

House points on offer for everyone who sends an email!

DISCLAIMER: This newsletter was prepared and written by the students of Plymouth High School. All information in this newsletter was gathered by students of the PHSG Student Council. Any opinions expressed in this newsletter are from the students.