



Southfields Academy Weekly Newsletter

Week Commencing 22nd January 2018



Ethos statement: We believe that through individual commitment, self discipline, integrity and respect for others, we inspire everyone to learn.

Year 7 News – Ms Lindau

Year 7 sat their first secondary school exams before the winter break and are in the process of receiving feedback on their first 15 weeks' work at Southfields. Many of them have done a brilliant job of learning how to be successful and are already excelling in many areas. The achievement assembly on the last day of term recognised much of this hard work. Mr Sweet's pupils were awarded the Tutor Group of the Term for having the least amount of negatives and among the best attendance overall.

The HoY stars of the term were Jonathan Bolea and Ja-Naye Jones Davidson and the DHoY stars were Danni Weston and Marvin Frimpong. Finally, Abraham Burley was recognised as the SLT Community star for his kindness toward other people and his dedication throughout the term.

Congratulations to all of the winners. We are proud to have you in Year 7!

Our next important date is the IEAP day on 23rd January. Students will once again meet individually with their tutors to consider their first term's efforts and write new targets for the spring. Additionally, all Extended Project students will have a chance to meet with their advisers and discuss their progress. Parents/carers are welcome to attend both meetings.

Moreover, Wednesday the 31st January, we will be having our parents evening from 5-7 pm and would like to see both students and parents/carers. It is an opportunity to meet with your tutor and all subject teachers individually, to celebrate successes and address any challenges or concerns. We look forward to seeing you soon.



Be the Change Volunteer Trip Scholarship

Thanks to Virgin Atlantic, this summer 30 young people will travel to one of our WE Village communities in Rajasthan, India. We would love to see some Southfields Academy students on this trip of a lifetime. Trip participants have the opportunity to learn and grow as they volunteer in a rural community and experience the vibrant culture of India.

The 2018 Virgin Atlantic Be the Change Volunteer Scholarship Trip will take place from August 9 – 26 2018 and is open to students aged 12 – 18 who have demonstrated a commitment to active citizenship.

Students can apply at WE.org/tripscholarship. The deadline to receive a completed application is Sunday 25th March 2018.

Last year one of our students, Sana Mughal, was awarded one of the Virgin Atlantic Scholarships for her work as a Peer Mentor in the Academy.

For any further information, please see Ms Fearon in the IG.

There are many ways of following the Academy to keep up to date with all our news:

facebook.com/southfieldsacademywandsworth

twitter.com/SouthfieldsAcad

instagram.com/southfieldsacademy

www.southfieldsacademy.com

Dates for your Diary

25th January 2018 – International Group Parents' Evening

31st January 2018 – Year 7 Parents' Evening

8th February 2018 – Students Break for Half Term

9th February 2018 – INSET Day



Thought for the Week

“We make a living by what we get. We make a life by what we give.”
Winston S. Churchill



Coping With Exam Stress – A Guide for Parents

At this time of year we know that many students will be feeling worried about their exams. We also know that parents too, can be very stressed about how their child will perform, as it is natural to want your child to get the best possible marks in their exams.

A small amount of nervousness is healthy for a student facing exams. It is when the stress becomes overwhelming and difficult to cope with that it becomes a problem and will affect their performance.

We have put together a brief guide on how you can reduce this anxiety. By reducing it for yourself, you will help to minimise it for your child too.

Here are some suggestions:

- Try not to nag or argue about revision. Instead, offer to help with short-term daily goals. Some students will welcome your help, while others will not want your involvement.
- Encourage your child to devise their own revision timetable. If you do it for your child, it may lead to feelings of powerlessness or that they can't manage on their own. Let them see that you trust them and tell them they will manage.
- Giving advice can sometimes be perceived as criticism. Ask open, less confrontational questions like, 'What did you cover today?' or 'Which methods work best for you?'
- Siblings will prepare for exams in different ways so try not to draw comparisons between your children.
- Don't brush off your child's anxiety. Saying 'Just do your best' can be perceived as dismissive by children.
- Some teenagers won't admit to feeling stressed so instead of asking 'What's wrong?' if your child is moody, try to be more open and ask 'Are you feeling stressed?'
- Resist the temptation to poke your head around their bedroom door when they are supposed to be revising and perhaps cut them some slack over keeping their room tidy or helping with chores. Tidying can become a displacement activity - something a teenager does to avoid revising.
- If your child does ask for help, then suggest the following
 - A structured but not rigid revision plan.
 - Studying in blocks of 20-30 minutes.
 - Limiting revision to four hours a day and, if they achieve this, praise them. If not, move on.
 - Make the revision area a social media free zone and away from the TV.
 - Regular snacks but avoid sugary foods, including junk foods and fizzy drinks. Try to encourage them to drink lots of water as this aids concentration.
 - An activity such as sport or a walk to clear their head and have a different focus.
 - A good breakfast before exams. Some exams are more than two hours long so slow release energy foods such as porridge, eggs, banana on toast and/or a fruit smoothie will help sustain concentration levels.
 - An early night before exams.
- Finally, trust your child when they say they want to do well, they usually mean it.

Badminton – Mr Januzi

Thank you to Kelvin Frimpong (Y9), Charlie Beal (Y8), Ismael Toko (Y8) and Basim Javed (Y7) for representing Southfields Academy in the Wandsworth School Games - Badminton Competitions on Wednesday 17th January.

Also thank you to Mr Miller for organising the competition, much appreciated.



6th Form V Bolingbrook High – Mr Januzi & Mr Herbert

On Wednesday 17th January Southfields 6th Form football team entertained Bolingbrook High School in a friendly game.

The game was played in great spirit from both sides, advertising the game of football in a positive light.

Goals from Nick Burley x3, George Baker x1, Gean Lucca Mara x1, Kai Burrell x1 and Geoffrey Bada x1 helped the team to a 7-1 win, continuing their unbeaten run and striking fear into the rest of the borough.

Many thanks to Mr Herbert for organizing the fixture and taking charge of the game.