



Southfields Academy Weekly Newsletter

Week Commencing 4th February 2019



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

Year 11 News: “What Else is Possible?” - Ms Nearn

In September our Year 11 group began bravely marching toward their mock GCSE exams in December. When the time finally arrived they showed real grit and determination and managed two gruelling weeks with admirable amounts of focus and effort. Not all of the results were good news for some students, but the motivating effect of underachieving cannot be underestimated! By encouraging students to look at the whole picture (not just the “everything will be fine” optimistic half), a more practical view of what needs to be done to be prepared for the real exams becomes possible.

Christmas break came and went in the blink of an eye, and as we speed towards Easter the pressure will start to mount. If your child hasn't begun properly prepping for their exams yet, don't panic, but encourage them to start now. There is no one “right” way to revise, but please support them by making sure they have a revision plan in place that suits their particular style. And remember, homework IS revision!

Here are some simple revision tips:

- Doing the most dreaded task first makes everything that follows easier (and helps combat procrastination.)
- “Little and often” beats cramming large chunks of information every time.
- Use a timer and revise for 25 minutes then take a 5 minute break. Repeat! This technique is scientifically proven to improve focus and concentration.
- Respect your child's need for quiet and privacy while revising. If necessary, send them to the local library!
- Teenagers love junk food, but make sure it is balanced with healthy meals and plenty of water.
- The brain consolidates learning while we sleep, so encourage your student to get 9-10 hours a night.

If your child gets frustrated, angry or discouraged, resist the urge to get angry or frustrated yourself. Instead, empathise with them and validate their feelings. (“Exams are tough, I get it. And I can see how the pressure is affecting you.”) Make them a cup of tea; take them for brisk walk around the block; or simply give them some space to cool off. This will help them calm down and get back on track much faster than getting angry or frustrated yourself. If you need to negotiate some boundaries with your child, do it when they are calm. An irritated teen is an argumentative teen!

We promote a “what else is possible?” mindset in Year 11, so talk to your kids about their hopes and dreams and goals and encourage them to think outside of the box. If you can make links between doing well in school with the life they hope to live, they will be much more motivated for their exams. There are also many supportive teachers and staff at Southfields who are available to support them, so urge them to talk to someone.

Good luck!

‘Solutions not Sides’ visit Southfields History GCSE students – Ms Atley

Solutions Not Sides is a charity working for a peaceful solution to the Israel-Palestine conflict. On Tuesday they delivered a talk to Southfields Year 11 and International Group history students currently studying 'Conflict in the Middle East'.

They presented an engaging and informative overview with speakers from both sides talking about their personal experiences of the conflict to the students.

Our students asked some brilliant questions and were sensitive to the complexities and problems raised.





Thought for the Week

If you believe you can, you probably can. If you believe you won't, you most assuredly won't.
Belief is the ignition switch that gets you off the launching pad.

Denis Waitley

Educational visit – Ms Breen

A group from the Saudi Arabian Ministry of Education visited the Academy last week to learn more about our approach to inclusion for students with either special needs, or those who are high achievers. Similar ability students in Saudi Arabia are currently taught under an American model but haven't achieved as well as their peers. The Government is considering a shift to a European model so the delegates were here to see best practice in action.

During the visit, the delegates had a tour of the Academy, spent some time in a class and, after lunch, had a presentation from our Principal, Ms Valin and an opportunity to ask questions. All the visitors were very complimentary about what they had seen and were given many ideas to take back to Saudi Arabia.



AFC Wimbledon Futsal Cup – Ms Knight

On Wednesday, Helen Parraga Salinas, Renai Mccrea, Joana Carmo, Melissa Lozaro-Pledade, Paige Davey and Tilly Hornbrook in Year 11 took part in the AFC Wimbledon Futsal Cup.

The girls played three tough games within the tournament against Ricards Lodge, Graveney and Ark Putney. Southfields had a challenging first game against Ricards Lodge where, despite creating numerous attacking opportunities, they were unable to get past the goal keeper and close the score difference.

However, the girls quickly found their rhythm in the second match against Graveney which ended 2-2. They kept their heads up throughout the game, applying pressure in defence which forced turn-overs and enabled the girls to go for goal. Southfields started strong in the last match with an early goal, however the tournament winners Ark Putney were up on the final whistle.

Southfields got progressively better throughout the tournament, working well as a team and supporting each other. Renai, Helen and Melissa all scored fantastic goals, while Joanna and Tilly organised the defence effectively and Paige made some great saves playing in goal. Well done girls!



Keep up with the Academy

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Search "School News App" in the Google Play Store or Apple Store and then use our postcode, SW18 5JU, to find us.



Southfields v Harris Battersea, Football – Mr Munro

Tuesday 29th January Southfields Academy hosted Harris Battersea in a Wandsworth School Football League match. The game started and straight from the off, Southfields looked like the team in the ascendancy. Maliki Adeniyi was dominating the midfield, as usual, while Carlos Francisco and Kyle Baker were giving the Battersea defenders nightmares. Southfields got their reward for this domination after sixteen minutes. Corey Toussaint played a fantastic through ball to Baker, who rounded the keeper and passed the ball into an empty net. The fantastic team spirit of Southfields showed after this goal, with all players, including substitutes, celebrating.

This same pattern continued and Southfields should have had two more goals before the half time whistle. Firstly, Carlos Francisco beat three Battersea defenders and hammered the ball just wide. Secondly, Ismael Toko curled a shot from inside the box that went just over the bar.

The second half began like the first half ended, with more Southfields pressure. However, Battersea had started off better too. The game was more evenly balanced over the first fifteen minutes of the second half, with neither team having a clear chance. Southfields got the crucial second goal after twenty-two minutes. Ismael Toko, crossed a fantastic ball into the box, which was held up by Adeniyi and he laid the ball off to Francisco who then struck a hard, low shot past the helpless Battersea goalkeeper. From then onward, the game was even, with both teams having slight chances to score, but to no avail. Battersea got themselves a consolation goal two minutes from time, when their midfielder smashed the ball into the top corner, leaving Aidan Parsons with no chance.

The final whistle blew with Southfields winning 2-1. This was their first ever win in an eleven a side match. The team spirit showed by everyone involved was amazing to see. In the words of R.E.M we had a lot of "Shiny happy people".



Dates for Your Diary

12th February 2019 – Year 8 Options Evening

15th February 2019 – INSET Day

18th February 2019 – Half Term Begins

22nd February 2019 – Half Term Ends

25th February 2019 – Academy Resumes

Southfields v Saint Cecilia's Football – Mr Philpott

On an extremely cold Wednesday afternoon, Southfields Academy welcomed Saint Cecilia's in an eagerly anticipated league game. This game saw two very good sides pitted against each other. Unfortunately, it was Saint Cecilia's who took advantage of a cold start from Southfields and scored after only one minute on the clock. As the first half went on, Southfields grew into the game, with Elvis and Jostin putting in great performances in centre midfield to create some goal-scoring opportunities for the attackers. Even with this domination, Southfields found themselves going into half time 2-0 down after being caught out at the back.

The second half started very much like the first, which was bad for Southfields. Two quick-fire goals from the clinical Saint Cecilia's front line put them 4-0 up. It was now Southfields who had to react and show Saint Cecilia's that they deserved something out of the game. Captain Faraz Jamil lead by example from this point, breaking the play up and constantly keeping the ball moving for the Southfields attacking players. At last the ball broke to Harley Hughes-Forde on the edge of the area who, with a sublime piece of skill, beat two defenders and smashed the ball home right into the top corner.

Could this be the beginning of one of the greatest sporting comebacks of all time? It certainly looked like it when after some great play from T'Shawn Whiteing and Chimalsi Richards the ball fell to Harley for his second goal of the afternoon. More solid defensive efforts were required from Tyrique Codner, Kieran Toussaint, Silas Donkor and Kelvin Frimpong, who kept the score at 4-2. This gave Southfields a chance of redemption going into the last ten minutes. After a couple of attacking substitutions, with Aqib Mehmood and Muhammed Adain coming on, Southfields got themselves back within one goal with a lovely move finished by super sub Aqib Mehmood, who made a real difference. Going into the final few minutes another great attacking piece of play from, man of the match, Harley saw him level the game at 4-4. This was an incredible effort from the Southfields' boys.

As if that wasn't enough drama for one game, Saint Cecilia's went looking for the win in the dying seconds of the game and it took a world class save from Jet Harris to keep the game at 4-4 and secure a fantastic draw for Southfields.



Science Club Relaunch – Mr Bhatti



CAUTION! Science Club is re-loaded and ready to launch! We have recently moved the Science Club to Thursday Break 1 where we will perform a series of short snappy experiments and jaw-dropping demonstrations.

This week we kicked off with 'fire-writing' where students were able to write their letters and names and watch them go-up in smoke. Next week, students will be challenged to make some different coloured explosives! BANG



Southfields Academy

Sport Fixtures

Monday 4th - Friday 8th February 2019



Southfields Academy

Check the PE notice board for team sheets and updated information.

	Fixture	Location	Staff	Time
Monday	Year 9 Girls Futsal Cup	Ark Putney	KGT/BCE	16:00 - 18:00
Tuesday	U18 Boys Basketball vs. Islington College Year 8 Boys v Chestnut Grove Football	Islington College Southfields Astro	BCE/SMD FYH/MNO	13:15 - 18:00 15:00 - 17:00
Wednesday	Sixth Form Boys Football v St John Bosco	Southfields Astro	MNO/AFC	16:00 - 17:30
Thursday	Year 7 & 8 Futsal Cup U18 Basketball vs. Oaklands College	Ursuline Southfields Sports Hall	KGT/BCE SMD	16:00 - 18:00 15:30-17:30
Friday	Year 10 Boys v Year 11 Boys Football	Southfields Astro	MNO/PLT	16:00 - 17:30