



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

### Year 11 News – Ms Nearn

#### Year 11 is a Marathon not a Sprint

Imagine you wanted to be able to do 100 press-ups. How would you train for this task? If you managed to do 10 sets of 10 over a single weekend, would you expect to be able to do 100 in a row on Monday? Of course not! To build muscle you must progress slowly over time with rest in between. Building brains is no different: you need a balance of consistent effort and rest.

Five weeks into term and our Year 11 students have hit the ground running. This is a tough year and for exam success we'd like students to remember that, just like the press-ups example, revising "little and often" beats cramming. Repetition and consistency give the brain the best chance of committing new knowledge to long-term memory. This is why homework is so important. Homework **is** revision.

Supporting your child in doing their homework gives them the best chance for exam success. Take an interest in what they're doing; ask questions, get them to explain concepts to you and encourage them to try even when they are not enthusiastic about a particular subject. Small steps now will add up to miles covered by May/June, and will help alleviate anxiety and panic as exam season gets closer.

You can also help your child by feeding them healthy meals, assure that they get plenty of sleep and have a fair balance of work and play. No one can work all the time. In fact, over-exercising can lead to injuries, exhaustion, and even depression. Likewise, be mindful of the expectations you put on your child. A relaxed confident student will perform far better than a stressed-out, exhausted one.

Year 11 is a marathon, not a sprint. Good luck!

Tricia Nearn  
Deputy Head of Year 11

#### Frost and Sekers – Mr Smith

Last week the Year 11 3D class had a guest tutor, Charlie Sekers, come and discuss their GCSE projects and coursework. Charlie is a Brunel university graduate who is now currently a partner in the bag accessories company Frost and Sekers. The bags are designed to be used on any bike without the need of a pannier rack to the front or rear of the frame. Instead they are designed to clip into the underside of the seat or the front handlebars.

Charlie Sekers gave a brief presentation about the importance of refining and perfecting an idea, bringing in a number of metal samples and prototypes he made himself in finishing his own design, and explained the steps and decisions he made, balancing the look, function and cost of the design. After this, he discussed the students' work with them, advising them on how to refine their idea and the processes they should be looking to do next.

The Year 11 3D class are currently working on one of their two projects for their final GCSE grade. This project is a lamp design with students taking inspiration from a range of sources including Brutalism, the Golden Ratio, and Cubism, Zaha Hadid and steamed wood and many more.

<https://frostandsekers.com/>





## Thought for the Week

"We should all consider each other as human beings, and we should respect each other."  
Malala Yousafzai



### Southfields Academy expressive arts department presents:

Thursday 12th December in  
The Black Box, 4:00pm  
Entrance is 50p please make  
sure you arrive early to secure  
a seat in the audience

## SPOTLIGHT

A collection of dance works from the  
students at Southfields  
All dance styles are celebrated



### Get involved in this December's dance show Spotlight

Spotlight is the winter dance show which will be at 4pm  
on Thursday 12<sup>th</sup> December.

All students are welcome to choreograph solo and group  
dances for Spotlight. All choreography must be  
completed by the 18<sup>th</sup> October and must have been  
performed to Ms Risolino to secure a performance spot.  
You will then need to book rehearsal time with Ms  
Risolino after the October half term to get your piece  
performance ready.

### Masterclass – Mr Reis

Drawing is still basically the same as it has been since prehistoric times. It brings together man and the world. It lives through magic.

*Keith Haring*

It's the first masterclass of the academy year. Students are offered the opportunity to create charcoal drawings inspired by the work of Mr Reis, *the Artist in Residence* at the Academy.

The students enjoyed working together on large scale drawings. This first session focused on improving observational drawing as well as exploring a range of techniques while drawing with charcoal. The young artists had the opportunity to express themselves using big gestures and to communicate their ideas using a more dynamic and fluid approach.

Initial sketches quickly lead to more sustained drawings where experimental and creative mark-making was clearly visible.

Students clearly enjoyed broadening their drawing skills whilst creating a set of truly magical drawings.





## Year 7 Enrichment Fair



On Tuesday 8th October the staff, ably led by Mr Whitfield, held an Enrichment Fair for Year 7 students. As students have to make their choices of which subjects to study earlier and earlier, the purpose of the fair was to give our students an introduction to the broad range of choices available to them.

It also demonstrated to them the huge number of after-school, break-time clubs and activities that they can join in with, to enrich their studies and broaden their interests.

All the Year 7s seemed very enthusiastic, enjoying the competitive edge to the PE department's stall and interacting with games from maths, trying homemade buzz wires and lava lamps from the science department, and also signing up for a number of extra-curricular clubs.



### Dates for Your Diary

- Wednesday 16th October 2019 – Year 11 Parents' Evening
- Monday 21st October 2019 – Half Term
- Monday 28th October – Academy Resumes
- Thursday 31st October 2019 – Prize Evening
- Tuesday 5th November 2019 – Remembrance Service

### Old Vic Schools Club – Ms Perera

Southfields Academy has been selected to work alongside the Old Vic theatre as part of their annual 'Schools Club' Programme.

This opportunity means our Year 9 and Year 11 GCSE students take part in a theatre workshop led by Old Vic producers and directors, as well as a chance to see the theatre show for free. There will be four sessions a year, the first show being 'A Very Expensive Poison', a cleverly twisted plot of a Russian spy's death by radioactive poisoning, performed through song, puppetry and comical moments through President Putin's narration.

The students demonstrated creative subject knowledge throughout the workshop and passion in their exploration of espionage, betrayal and secrecy. The workshop leaders were exceptionally impressed with the professionalism which our students showed, and their enthusiasm in the workshop.

The drama teachers, students and workshop leaders cannot wait for the second workshop session. This will be taking place in January 2020.





## 6-a-side Tournament – Mr Munro



On Monday, Year 9 Boys' Football Team participated in a 6-a-side tournament at Openview, Earlsfield.

The first game saw them lose 1-0 to a very early Graveney goal.

In the second game, Southfields performed much better, beating Bolingbroke 3-0. Marvin Frimpong got two of the goals and Rio Grant got the third.

In Southfields' third game, it was a very tight affair with Ashcroft. Some excellent saves by Elliot Gould kept Southfields' clean sheet. Rio Grant also had an effort acrobatically cleared off the line. The game ended 0-0. Southfields had to win their final game to qualify for the final, but a very scrappy game with St John Bosco ended 0-0 and saw Southfields' hopes of reaching the final shattered. Big shout out to the boys pictured for playing excellently well throughout, showing great sportsmanship and leadership skills throughout.

It's a very positive start to boys' football this year at Southfields. So, as Muse said, we're "Feeling Good".



## PE this Week – Mr Munro

Mr Munro's Year 11 class continued with their fitness unit of work. This week's focus was the FITT Principle and how could this be applied to circuit training in the fitness suite. Pupils worked on their muscular endurance and cardiovascular endurance during one minute work intervals and had 30 seconds rest in between. Pupils then discussed how this method of training could be beneficial to specific sports and justified why they thought that.



Mr Munro's Year 9 class focussed on formations and how to make them successful during their invasion lesson. Pupils created their own formations in a game of handball, where points could be scored at either end of the pitch. Pupils were creative and gave reasons as to why they chose the formation and why they believed it would be successful. Pupils then competed against each other to see which formation was most effective.



Mr Munro's Year 8 class took their invasion games unit of work to the next level this week, by playing Tchoukball for the first time. This week's focus was for pupils to space out whilst defending, in order to predict and react to where the ball would bounce from the target, in order to prevent the opposition from scoring a point.

Miss Knight's Year 8 class focused on decision making this week, specifically in basketball. Pupils discussed what considerations needed to be made before playing the ball and how to effectively maintain possession. They have been working excellently in their teams, coming up with tactics to successfully invade their opponents' space and nominating most valued players at the end of each lesson.

