



Southfields Academy Weekly Newsletter

Week Commencing 2nd December 2019



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

Welcome to Mock Exam Season

December 2nd is the start of two weeks of mock exams for Year 11. Although these are practice exams, we encourage students to take them seriously so that they develop good habits for the real thing. As parents, you have the tricky job of finding the balance between supporting and challenging your child. What does this mean? It means being supportive without being overly helpful, and being challenging without being overly critical.

Helpful comments encourage independence and make a student feel good; unhelpful comments discourage students and make them feel bad. When you are tempted to say something critical to your child, ask yourself if it is really about them, or is it about you? Are you projecting your own expectations onto your child in an unrealistic way? As humans we often learn the most from the things we get wrong, so have some patience and allow room for your child to experiment and find out what works for them. Here are some examples:

Helpful	Unhelpful
"You've been very focused for the last hour – well done."	"You've only revised for one hour – that's not good enough!"
"I see that you're having trouble getting started. Would you like me to quiz you with your flashcards?"	"You're just messing around and not getting anything done. Don't be so lazy!"
"No matter how you do on your exams, I'm proud of you for trying your hardest."	"If you fail your exams I'll be so embarrassed and your life will be a disaster!"

Similarly, the right questions can empower students, while the wrong ones put students on the defensive. Generally speaking, questions that require more than a 'yes or no' answer are best as they require some thought to answer and encourage students to take responsibility for themselves:

Helpful	Unhelpful
"What's your plan for revision this weekend?"	"Don't you have anything you should be doing?"
"How will you prepare for your maths exam today?"	"Aren't you going to revise for maths today?"
"What's getting in the way of your revision plans?"	"Are you going to just sit there on your phone all day?"

Finally, resist the urge to be overly helpful – it robs your child of the chance to learn or practice a skill and encourages dependence. Notice the difference between "Would you like some help creating a revision timetable?" and "Here, let me make a timetable for you!" Being too helpful is unhelpful!

If you have any questions or would like some tips on how to find the balance between challenge and support, get in touch with Ms Nearn, Deputy Head of Year 11. (tricia.nearn@southfieldsacademy.com)

Estonia Visit – Ms Breen

A group of a dozen aspiring Principals from Estonia visited the Academy last week as part of their training programme. The visit was part of a week-long focus on British school leadership and management and involved visits to primary and secondary schools.

Having had a tour of the Academy with Mr Holt, they heard a presentation from our Principal, Ms Valin, during which she shared her knowledge of effective leadership. The group were clearly impressed with what they saw and heard with one of them commenting, "Every headteacher in Estonia should visit this school!"





Thought for the Week

"It is not grey hair that makes one respectable but character."

Rana Junaid Mustafa Gohar



4th December 2019

Once again approximately 23 of our students have been invited to play at this wonderful and uplifting event. All welcome!



Dates for Your Diary

Tuesday 3rd December 2019 – Year 7 Languages Evening
 Wednesday 4th December 2019 – Christmas Lights Event
 Tuesday 10th December 2019 – INSET Day
 Wednesday 11th December 2019 – Candlelight Concert
 Thursday 12th December 2019 – UCAS deadline
 Friday 20th December 2019 – End of Term
 Monday 6th January 2020 – Academy Resumes

during the concert we will be accepting donations for **GLASSDOOR** helping local homeless people get back on their feet

MUSIC
 department
 PRESENT
 Candlelight
 CONCERT
 St Barnabas
 CHURCH
 SW18 5EP
 Wednesday
 11th December
 5pm

Southfields
 Academy
 MUSIC
 department
 PRESENT
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 11th December
 5pm

Capability Brown Art Competition 2019

For those of you that didn't manage to visit the exhibition in Wimbledon Park, please have a look at this charming video of the event!

https://vimeo.com/374881843?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749



WINKWORTH'S CHRISTMAS FOODBANK APPEAL

Helping the local community this Christmas.

We are collecting any non-perishable food items for local food banks, as well as warm coats, clothing and toys for local charities.

If you are moving from your property and have anything you wish to donate or you would simply like to make a donation, please drop off your items to the Winkworth office noted below.

For any queries please feel free to contact us on 020 8877 1000 or at southfields@winkworth.co.uk.

Please drop off between:
 1st-19th December, Monday-Friday, 8:30am-5:30pm

Winkworth

Winkworth Southfields
 020 8877 1000

winkworth.co.uk/southfields

Winkworth

Winkworth Southfields 020 8877 1000

241 Wimbledon Park Road London SW18 5RJ
southfields@winkworth.co.uk

winkworth.co.uk/southfields

See all our properties at
onTheMarket.com



Aspiring Professionals Programme – Mr Browne



On Monday 25th November, Elisabeth Ntambwe from the Social Mobility Foundation delivered a talk to our highest-performing Year 12 students about the Social Mobility Foundation's free Aspiring Professionals Programme. She was joined by one of our Year 13 students, Mohammad Rehman, who joined this Programme last year and who has recently been offered an interview at the University of Cambridge to study mathematics. The programme provides students from economically disadvantaged backgrounds with:

- Mentoring by a professional
- Tailored skills sessions and career workshop
- University application support and guidance
- Internships with top employers



Year 7 football Tournament – Mr Philpott

The competition was held this year at Openview – Ashcroft - in some horrific weather conditions. However, this did not put off the brilliant Year 7 students with both the A & B teams doing the Academy proud putting in a resilient performance in all matches. The B team, due to unforeseen circumstances, only had 5 available players: Paapa Mawuli, Piotr Trela, David Sznicer, Charlie Dove and Abas Abukar. with the goalkeeper Aleksandrs Krivorucko filling in where possible from the A team. The boys put up an excellent fight in their 3 league games and just missed out on a semi-final place on goal difference.

The A team: Aleksandrs Krivorucko, Joel Jennison-Leppa, Alan Tomaszewski, Anthony Dove, Harry Coughlin and Joshua Campbell. The boys got off to a great start winning their opening match and drawing a close second game which saw some fantastic goals from Joel and Joshua. The next game saw the boys lose 1-0 despite some excellent defensive work from Alan meaning a result was needed in the final group game to ensure qualification for the semi-finals. Joshua managed to win the final group game for Southfields after some excellent midfield play from Harry C and Anthony meaning that we had qualified for the semi-finals.

Semi Final - After a close fought battle with Chestnut Grove it was 0-0 after full time. Meaning the game was going to a 3 minute golden goal with the potential of penalties if there was still no goal. After an excellent piece of dribbling from captain and centre back Joel, to create space for a shot, Joshua was able to deflect the ball past the keeper and send Southfields into their first final of the year!

Final - Ernest Bevin who were in the other half of the league and had gone unbeaten up to this point were going to provide a formidable opponent in the final. The game started out as a cagey affair with both defences cancelling each other out. This meant for the second game in a row we found ourselves needing a golden goal to win the tournament. With about 30 seconds left of the golden goal time, midfielder Anthony Dove picked the ball up and hit a wonder strike into the back of the net sending the Southfields' boys into wild celebrations.

What a result to come home with the medals! Well done boys, keep up the hard work.



Team A



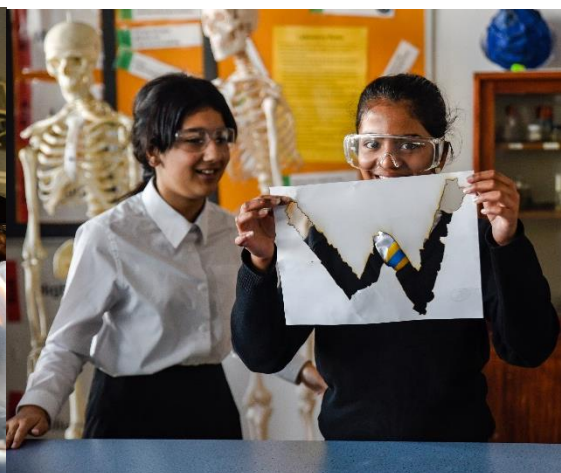
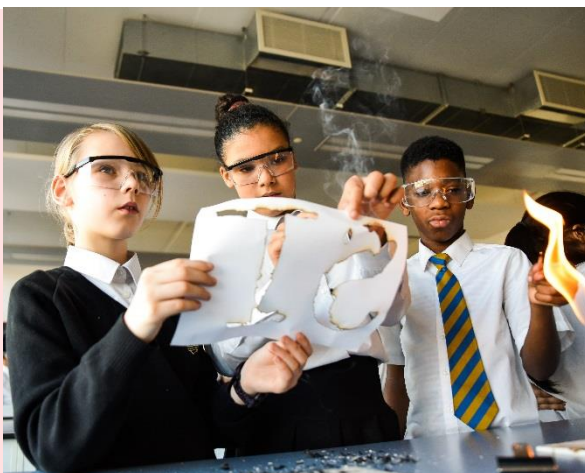
Team B



Science Club – Ms Baxter

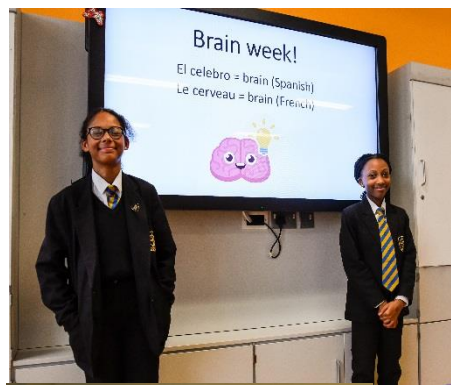


Southfields Academy students put both their detective wizardry and fire-captain skills to good use in Science club this week. They successfully used fire-writing to uncover clues to work out next week's slimy Science Club activity.

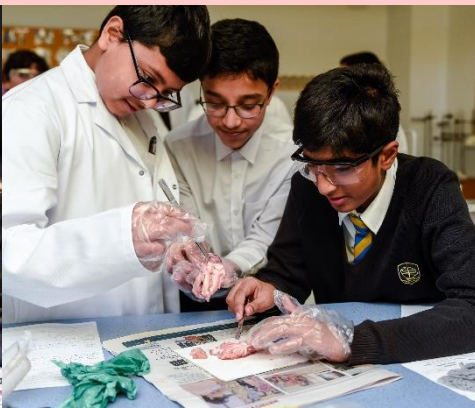


Brain Week 25th – 29th November 2019 – Mr Bhatti, Mr Norris and Dr Gabert

In true Southfields Academy style, this week saw the collaboration between all departments in order to create a special week for our students in Years 7 -9. Students participated in **Brain Week**. A week-long rich appreciation of the vital organ that allows us to make sense of the world. Each subject produced a lesson which highlighted the importance of the brain with specific reference to their subject.



Students safely and bravely carried out their very first brain dissection in science, unleashed their imagination in art, design and technology, discovered the endless brain benefits of learning a new language in MFL, discussed and let their creativity run wild in English, exercised their problem-solving brain sections in maths, acted out their Frankenstein electrical impulses in drama, reflected upon intelligence and connections in PSHE, juggled and made motor-memories in PE and so much more.



As we go about our day it is very easy to forget just how amazing and incredible we all are as a result of the sophisticated organ that you're using right now to read this sentence. At Southfields, we're proud to be brainy.

Creative Writing Time!



How have ideas about the brain changed across time?

Aim – To investigate the history of the brain!

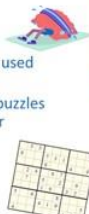
Starter:
What can you see in the picture?
How old do you think the skull is?
What do you think has happened to the skull?

Use your brain!



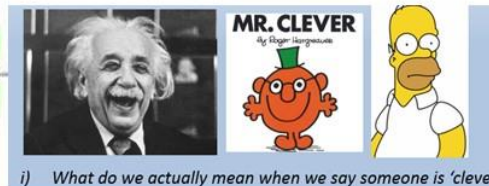
Maths

Learn what part of the brain is used when solving puzzles.
• Exercise your brain by solving puzzles including cryptograms, number puzzles, Sudoku and more!



Brain week!

El cerebro = brain (Spanish)
Le cerveau = brain (French)



i) What do we actually mean when we say someone is 'clever'?

Brain Week: How do we learn and remember skills?

Motor Programmes

- ▢ A series of steps (subroutines) organised into the correct sequence to perform a movement/skill.
- ▢ Stored in the long term memory, retrieved when we need to perform the skill.
- ▢ For example, the motor programme for a cricket shot stores the steps in the correct order (stance, grip, feet placement, backswing and follow-through).
- ▢ It's like a recipe for making a cup of tea - the order is important!

Sports Fixtures - Monday 2nd – Friday 6th December 2019 – Ms Davies

	Fixture	Location	Staff	Time
Monday	Y 7G Netball	Burntwood	DAS	15:00 - 18:00
Tuesday	Y 10 Football vs Ashcroft	Southfields	MNO	15:15 - 17:00
Wednesday	AFC Wimbledon vs. Fulham	Southfields	AM	KO: 14:00
Thursday	U15 6 aside tournament	Ark Putney	KGT	15:00 - 18:00
Friday				

Rowing Competition

Well done to Nathan, Noah, Leon, Felipe, Emi and Sahra who took part in the indoor rowing competition on Tuesday 26th November at Linden Lodge. They were all absolutely fantastic role models showing excellent sportsmanship.

Ms Davies



This week in PE – Mr Munro



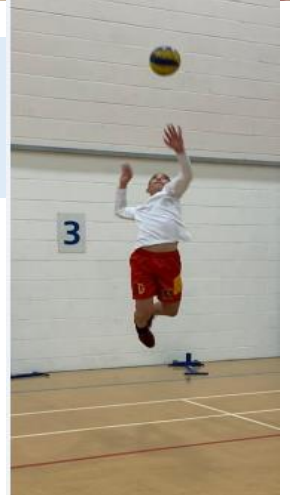
Mr Philpott's Year 7 students have been working fantastically well in their gymnastics lessons looking at sequencing by linking their counterbalances together with travel. Here is Lewis showing off some of his skills developed from his diving by performing a back somersault - much to the amazement of his classmates. The students are looking forward to this week's flight lesson using springboards!



Mr Munro's Year 11s were this week challenged to a doubles king/queen of the court competition. There was some excellent badminton play throughout, but it was Faraz and Harry who finished the competition on the top court!



A group of Year 9 / 10 students went to participate in a volleyball festival at Ernest Bevin School. The students were playing in their first competitive action for volleyball so did excellent to finish 3rd, 5th and 7th. They were a credit to the school and represented us fantastically.



Mr Munro's Year 11 class progressed from the tackle bag, to safely tackling opponents in rugby this week. Pupils first started off with a game of "hand-tick" to warm up and stabilise the shoulder muscles. Pupils then progressed in their warm up, to a game where the aim was to wrestle the ball from each other. Pupils then performed the "cheek to cheek", "ring of steel" and "drive" technique, to safely tackle each other from a kneeling position. This then progressed into performing it from a standing, static position.

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

Tickets for Spotlight are on sale from
the general office from Monday 2nd
December. All tickets are 50p.

