



Southfields Academy Weekly Newsletter

Week Commencing 10th February 2020



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

What else is possible?

One of the most important skills to develop as a student, and in life, is the ability to think 'outside the box' and solve problems. This means that when faced with an issue or a road block you remain open to the possibility of doing something different to get your needs met, rather than remaining stuck. This is both an attitude and a practical approach, and it applies to all aspects of life - from relationships to career paths to exams.

This attitude can best be summed up with the phrase, "what else is possible?" These four words have the power to harness our creativity in powerful ways.

When we believe we have no options (or don't know something, in the case of exams) we cut ourselves off from our innate creativity. If instead we ask ourselves, "what else is possible?" our brain starts to look for alternatives rather than staying stuck. It becomes free to think around roadblocks, to come up with fresh ideas, to try out new perspectives.

If our thoughts are a river, then our own negativity and "I can't do it" attitude creates a dam which shuts us off from being more innovative and resourceful. But with a "what else is possible?" mindset, we can remove the dam and get the ideas flowing again.

Problem solvers are the movers and shakers of the world - they get things done and take action - and each and every one of us has the ability to be one. By encouraging your children to get into the habit of asking "what else is possible?" when they are stuck, you will help them to unleash thinking skills that could radically alter their achievement in school and perhaps their entire lives.

If your instant reaction to that statement is, "No, that's ridiculous...it will never work!" then here's a question for you: "what else is possible?"

Education outreach – Ms Lindau

On Tuesday we welcomed an education outreach officer from Parliament to deliver an Introduction to Parliament for all of our Year 8s, 9s and 11s. In a very interactive assembly, students learned about the structure of Parliament, the new MP for Putney, Ms Fleur Anderson, and how to become politically active as teenagers.

They learned about the political system and the value of petitions in bringing their concerns to Parliament. It was a very engaging assembly and the students reported afterwards that they had more of an interest in political processes and were more prepared to vote and participate as citizens.



Young Writers Competition

The Academy is delighted to announce that Kardelen Karadal is now a published author! 'Through Their Eyes, Another View' anthology is published by YoungWriters.co.uk. Young authors place themselves in the minds of others or delve deep into their own psyches to write poetic forms to express their inner thoughts. The piece by Kardelen is entitled 'Do You See What I See?'

Well done Kardelen!





Thought for the Week

"If we cannot end now our differences, at least we can help make the world safe for diversity. For, in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's future. And we are all mortal."

— John F. Kennedy



Science Club – Ms Baxter

Science club turned into a candy store this week with students creating their own super sour sherbet... some of them even made it into a fizzy drink!



Dates for Your Diary

Wednesday 12th February 2020 – Post 16 Parents' Evening
Monday 17th February 2020 – Academy Breaks for Half Term
Monday 24th February 2020 – Academy Resumes
Thursday 27th February 2020 – Year 9 Parents' Evening
Friday 28th February 2020 – IEAP Day 2

Year 10 Revision Session

On Tuesday 4th February, Year 10 took part in a revision session carousel. 120 students were split into nine groups and moved from table to table at 10 minute intervals. Nine members of staff imparted wisdom and strategies on topics that ranged from condensing information, maths memory tasks, and active study skills to a mind map masterclass. The atmosphere was lively and engaging in the hall with students learning something new and having a number of strategies to take away and try out at home.

There was great student feedback:

"It opened my eyes to how unhealthy eating and less sleep can affect you."

"Ms Molloy showed what is active and passive to show how our brains work - you have to be creative so your brain will be interested."

"Mind maps – this is a way to get everything I know on a sheet of paper and I can add anything I need to it. I will use them so I know what I don't know."

"I can now balance out my day-to-day life and revision."

"The idea of sticking mind maps around the house is great!"





This Week in PE – Mr Munro & Mr Philpott

On Tuesday, Southfields hosted a Year 9 football fixture against Ark Bolingbroke. The game was end-to-end throughout. Southfields took the lead through Rio Grant who hammered the ball past the Ark keeper. Ark then equalised through a well worked goal. Israel then broke down the left wing and played a square pass to Maksims who slotted calmly past the helpless keeper. Ark then equalised again with a scrappy goal. Ark were able to take the lead through some poor Southfields defending. Rio and Marvin took control of the game and Marvin then won a penalty - he stepped up and scored the pen. The game was end-to-end with both teams trying to find a winner. That win came for Southfields, when Maksims got onto the end of a Frederick cross and poked the ball home. Full time Southfields 4 Ark 3.



Wednesday saw the first game of the term for the Year 7 boys' football team. It was a tricky fixture against Ark Putney, a team we had played and drawn against in the Year 7 tournament in November. The game got off to a great start for Southfields, with Joel smashing the ball home from 20 yards to put Southfields one goal ahead. The game was extremely tight throughout the rest of the first half with both sides having good chances but failing to convert. The second half saw some great defending from Aleksandrs, Alan, Arnav and Harry to keep the score at 1-0 then, out of nowhere, Ryan, on his debut, scored a goal which looked to put the game past Ark Putney. However, due to some excellent play from Ark, they went on to score two late goals to bring the game level, on reflection probably a fair result for both teams. Southfields will look to continue their unbeaten run next week at home to Saint Cecilia's.





This Week in PE – Mr Munro & Mr Philpott cont'd



Year 8 were looking at vaulting over boxes in their gymnastics lesson this week. Students could choose to either straddle over or perform a jump through. One pupil decided to challenge herself by performing a handspring over the box. She, and the pupils in the class, were delighted with the result.

Year 11 completed the "Burpee Challenge" this week. The challenge was to do one burpee in one minute, then two burpees in the next minute, then three burpees in the next minute. Until the number of burpees performed was not higher than the previous number. The winner was Klaudiusz, who performed a massive 14 burpees in a minute. This collated that he performed 105 burpees in 14 minutes.



Ms Davies' class worked on their Social ME this week in PE with the groups looking at collaboration. Students were challenged to work with as many different people in the lesson to perform a routine. One student worked with five different groups throughout the lesson. All of the students created amazing routines.

Year 9 played an innovative game called Volleyball Squash this week in PE. Students were working on their coordination skills that had been covered in badminton and volleyball, and applied them to this game. Students firstly worked in pairs to learn the game and apply some techniques. They then played competitive games against other pairs.

