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

Thought for the Week

“Deep within every crisis is an opportunity for something beautiful.” Kate McGahan, author

PE Challenge of the Week

It’s that time again for our PE teachers’ challenge of the week. Make sure you tune into SA’s social media accounts; Instagram SouthfieldsAcademy and Twitter SouthfieldsAcad to see what they have in store for you this week.

The Challenges Keep Coming

The Wandsworth School Sport Coordinator, Mr Miller, also set you all a challenge to celebrate Captain Tom Moore’s 100th birthday. The challenge is to do 100 reps of an activity of your choice – we’ve already seen some familiar faces posting their attempts! There’s still plenty of time for you to send in your videos so we can see how you did.

Mathematics Work of the Week

Ms Howie wanted to recognise the excellent work Prathusa Croos (7THO) put into her replica of the mathematics home learning worksheet. She even marked all her work and included her process, and made sure she copied the important notes! Well done Prathusa - it looks great!
SLT Clap For You

Here is our Senior Leadership Team and a few guest parents and students joining in everybody’s favourite moment of the week - a chance to say thank you to our carers and the NHS with a clap, cheer and a bang. When we clap, we are also saying thanks to:

our teachers who are working their hardest to still provide the best opportunities for our children,

our parents, carers and families who are doing everything possible to keep our community going and

our children learning.
Dance Star of the Week
Deanna Turner has gone above and beyond with her extended research on the practitioners of physical theatre. Her work has been presented beautifully and it is in so much detail. Below is just an example of some of the work she has produced:

Drama Shout Out
This goes to Reece Foot, Emma Lorien Hayes and Alex Vandershrick for their incredible drafts for our first ever Southfields radio play.

The Year 7s have been busy writing plays. Your imaginations are wonderful.

Accelerated Reader Leader Board
Well done to the following students and groups for being this week’s Accelerated Reader Leaders!

- McCurdy Smith, Zahra 401
- Forman, Eleanor 200
- Sahima Sadiqi 139
- Grant, Imogen 120
- Muskan Ahmed 90
- Mawuli, Paapa 73

Groups with the most students reading
- Best Tutor Group 7DWL (Mr Dowler)
- Best English Class 7S-EN3 (Mr Griffiths)

The Expressive Arts Department
We are so proud of our students and the resilience they have shown. Despite the obvious challenges of participating in a practical subject from distance, they have found ways to be as creative as ever. A special shout out goes to the following students:

Dance Shout Out
Sofiia Vorobets, Shannon Maguire and Justiana Perndreca, all in Year 9, for beautifully presented work. Valentina Rodriguez Rondon who received full marks for her fantastic work. Vanisha Rodney and Lucia Chuchuga Vega in Year 10 for their imaginative exploration work.

Jaime McGuiness for beautifully presented research.

Dance Star of the Week
Deanna Turner has gone above and beyond with her extended research on the practitioners of physical theatre. Her work has been presented beautifully and it is in so much detail. Below is just an example of some of the work she has produced:
Another Drama Shout Out

Marium Naseer in 8SMH for her amazing interpretation of ‘The Curious incident of the Dog in the Night Time’. Marium’s set design displayed creativity and a real investment in her work.

Labsight by Saishaan Shunmugalingam

ACT 1
Scene 1

It is 23:00, there isn’t a car in sight. Filled with gloomy clouds was the sky. A full moon day. The lightning is crashing, the rain is pouring heavily. The lamp posts reflect in the puddles. Tall mansions tower up high. The sound of some cars honking fills your body. You can hear the raindrops fall on your umbrella. The fishy smell of the rain disgusts you. A boy is walking down the slippery roads. His name is James Figget. He is outside to get some fresh air. Something is disturbing him.

James: Why is it so cold? (shivering)
(a car accidentally splashes water on him)

James: All I wanted was some fresh air. Is that too much to ask. (Fed up)
(a van is heading towards him and the van stops next to him)

Driver: Hmmmm. He looks like a good one!
James: Who are you? (Suspicious)

Driver: You don’t need to know. (Dark Creepy tone)
(4 other people come out of the van)
Henchman 2: Hello...James! (Dark Creepy tone)

James: What is going on, how do you know my name? I know karate!!!

Henchman 2: Bit of a feisty one, don’t you think.
Henchman 3: Yeah, he reminds me of the one where...

Driver: WHAT ARE YOU 3 TALKING ABOUT, BOB IS THE ONLY ONE IN CHARACTER!!

Henchmen 1,2&3: Sorry, master. (in unison)

Driver: WELL, DON’T JUST STAND THERE! GET HIM!!! (Shouting)
James: Oh no you won’t! (running)

Drama Star of the Week

Saishaan Shunmugalingam for wonderful efforts with his first scene of his action-adventure play.

A Thank You

It was lovely to receive a thank you from the Chief Executive of our local GP group for the science goggles that we donated to them to help keep NHS staff safe.

Do you want to be happier, smarter and better looking? There is a way - get some decent sleep!

We have noticed that lots of you are working on Google Classrooms, and other online platforms in the middle of the night. We are so pleased that you are working independently, but please also look after your health. If you sleep at the right time and for the right duration, you will feel so much better, trust me!

- Try to go to bed at the same time every night; this helps your body get into a routine.
- Follow a bedtime routine that is calming, such as taking a bath or reading.
- Limit foods and drinks that contain caffeine. These include some sodas and other drinks, like ice tea.
- Don’t have a TV in your room. Research shows that young people who have one in their rooms sleep less. If you have a TV, turn it off when it’s time to sleep.
- Don’t watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don’t exercise just before going to bed
- Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone.

Stay healthy.
Mr Whitfield
The Southfields Singing Challenge

Mr Pinder and the music department set a wonderful singing challenge for Year 7 and 8. We were so inspired we thought we would share it with the whole community. This challenge is for children, teachers, senior leaders, parents, careers, families and trustees alike.

The music home study challenge for this week is another brilliant and inspirational song, ‘Something Inside So Strong’ sung by Labi Siffre. The YouTube link with lyrics - https://youtu.be/lifXso_yLtk
YouTube singing lesson such as ‘Vocal Warm Up For Kids’ - https://youtu.be/m-3i2CJQo4I

Why not have a sing-a-long at home with your families? Record yourselves singing a chorus or a verse and we will post the best on our Instagram account. Please send photos of yourself singing to appear in our newsletter. All entries should be sent to sean.french@southfieldsacademy.com

**Something Inside So Strong**

**Verse 1**
The higher you build your barriers
The taller I become
The further you take my rights away
The faster I will run
You can deny me, you can decide
To turn your face away
No matter ‘cause there’s

**Chorus**
Something inside so strong
I know that I can make it
Though you’re doing me wrong, so wrong
You thought that my pride was gone, oh no
There’s something inside so strong
Oh, something inside so strong

The more you refuse to hear my voice (ooh-ween ooh-ween ooh-ween)
The louder I will sing
You hide behind walls of Jericho (ooh-ween ooh-ween ooh-ween)
Your lies will come tumbling
Deny my place in time, you squander wealth that’s mine
My light will shine so brightly it will blind you
Because there’s

**Something inside so strong, strong**
I know that I can make it
Though you’re doing me wrong, so wrong
You thought that my pride was gone, oh no
There’s something inside so strong
Oh, something inside so strong

Brothers and sisters
When they insist we’re just not good enough
Well we know better
Just look him in his eyes and say
We’re gonna do it anyway
We’re gonna do it anyway
We’re gonna do it anyway
We’re gonna do it anyway
Because there’s

**Something inside so strong, (something inside so strong)**
I know that I can make it
Though you’re doing me wrong, so wrong
You thought that my pride was gone, oh no, oh no
There’s something inside so strong
Something inside so strong (oh oh yeah)
I know that I can make it
Though you’re doing me wrong, so wrong
You thought that my pride was gone, oh no, oh no
There’s something inside so strong

Oh oh, something inside so strong
Oh oh, something inside so strong
Oh oh, something inside so strong