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

Thought for the Week

“He who is best prepared can best serve his moment of inspiration.”  
*Samuel Taylor Coleridge, poet*

Advice for Parents during Coronavirus – Wandsworth School Nursing Service

The Central London Community Healthcare health visiting and school nursing service in Wandsworth is running a 7 day a week, 9am-5pm, duty phone line for parents and young people to call for support and advice.

Call us on: 0330 058 1679 or
Email: Clcht.0-19wandsworthandrichmondadmin@nhs.net

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Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

If your child has any of the following:
- **RED**
  - Becomes pale, restless and feels abnormally cold to the touch
  - Has a fast heart rate
  - Has a high temperature
  - Has difficulty breathing
  - Has a stomach ache

You need urgent help:
- Go to the nearest A&E department or phone 999

If your child has any of the following:
- **AMBER**
  - Is finding it hard to breathe including wheezing, chest pain, coughing, or breathlessness
  - Swollen red ulcerated (purpuric) rash
  - Fever and high temperature
  - Has vomiting or diarrhea

You need to contact a doctor or nurse today.
- Please ring your GP surgery or call NHS 111 - dial 111
- The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be distant.

If symptoms persist for 48 hours or more and you have not been able to speak to either a GP or 111, take your child to the nearest A&E

If none of the above features are present:
- **GREEN**
  - You can continue to provide your child care at home. Information is also available on NHS Choices
  - Additional advice is available to families for coping with crying of well babies
  - Additional advice is available for children with complex health needs and disabilities

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There is further support in this resource available to download on the Academy website, [Click Here](#).
Good News from Mathematics – Mr Duffy

I am so proud to see that our superstars in the maths department at Southfields Academy have put in such an amazing effort to answer another 15,000 questions between them since our last set of headlines last week! This means we have broken the 100,000 landmark! Well done to all students for their hard work and amazing efforts, especially those top students who are continually putting in the learning hours.

Virtual School Headlines
(since school closure began)

<table>
<thead>
<tr>
<th>Total Number of Questions Answered</th>
<th>Total Number of Learning Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>113,229</td>
<td>3011</td>
</tr>
</tbody>
</table>

Top Students

<table>
<thead>
<tr>
<th>Name</th>
<th>TG</th>
<th>Total Number of Questions Answered</th>
<th>Total Number of Learning Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arnav Singh</td>
<td>7THO</td>
<td>1708</td>
<td>17.4</td>
</tr>
<tr>
<td>Gibril Abubakar</td>
<td>IGCMO</td>
<td>1499</td>
<td>41.3</td>
</tr>
<tr>
<td>Daniel Bolea</td>
<td>08FBR</td>
<td>1408</td>
<td>14</td>
</tr>
<tr>
<td>Gabriel Robbins</td>
<td>12PLT</td>
<td>1298</td>
<td>25.2</td>
</tr>
<tr>
<td>Muhamed Al Chahed</td>
<td>IGCMO</td>
<td>1288</td>
<td>27.5</td>
</tr>
</tbody>
</table>

Top Classes

<table>
<thead>
<tr>
<th>Name</th>
<th>Teacher</th>
<th>Total Number of Questions Answered</th>
<th>Total Number of Learning Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>9W1</td>
<td>Mr Duffy</td>
<td>7642</td>
<td>250.7</td>
</tr>
<tr>
<td>8H1E</td>
<td>Ms Howie</td>
<td>5562</td>
<td>113.3</td>
</tr>
<tr>
<td>7FBR</td>
<td>Ms Fehlinger</td>
<td>5318</td>
<td>101.3</td>
</tr>
<tr>
<td>1G Group2</td>
<td>Ms Gill</td>
<td>5194</td>
<td>179.4</td>
</tr>
<tr>
<td>9F1</td>
<td>Ms Thomas</td>
<td>4705</td>
<td>145</td>
</tr>
</tbody>
</table>

Excellent Work – Ms Delamare

Ms Delamare is very proud of Ryan Treasure and wanted to share some excellent work that shows his good engagement and effort in Spanish. Well done Ryan!

Make a Rainbow!

Ms Jaffer and the ADT department set this lovely task for their Year 8s. Why don’t we all have a go?

It’s been really lovely to see all the rainbow pictures in peoples windows as we have been going out for our daily exercise, saying thanks to our hard working NHS staff. Why not have a go at making a 3D version with things you have at home? Look around for household objects that match the different colours of the rainbow and then group them together. Take a photo and send it to us to appear in next week’s newsletter:

sean.french@southfieldsacademy.com

Why not post it on your social media too!

Please remember to put all the objects back where you found them!
Year 12 3D Design student work – Ms Jaffer

I would like to celebrate some great design ideas from our Year 12 3D design students. They were asked to create some initial concepts of mounted wall lighting for Murdock London, who are a group of trendy London barbershops. It is not easy trying to do this without anyone else to bounce design ideas off so I am really pleased and proud of what these students have been able to create at home without all the tools they would have at school. Well done to Carl, Polina and Laysa!
Accelerated Reader Stars – Ms Sulliman & Ms Swann

Team English are especially proud of our Accelerated Reader stars this week! Well done students.

Top Three students:
- Eleanor Forman: 17 quizzes, 1048 minutes engaged time, 100% accuracy
- Veronika Strasser: 5 quizzes, 298 minutes engaged time, 100% accuracy
- Koshik Rubamoorathy: 3 quizzes, 153 minutes engaged time, 100% accuracy

Top class for engaged time: 8S1 – 34 minutes per day
Top class for accuracy: 9R1 – 93%

Impressive English Work – Ms Swann

Ms Swann has received some amazing work from Danni Weston, Nevaeh Taylor and Evelina Petrova that they completed after being asked to reflect on and write about their experiences of lockdown.

Task 1 – Identifying change:

<table>
<thead>
<tr>
<th>What’s Changed For Me</th>
<th>Emotions I’ve Felt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not getting teacher input</td>
<td>Frustration - not getting the help I need</td>
</tr>
<tr>
<td>Restricted places to go</td>
<td>Frustration - looking at the same places every day</td>
</tr>
<tr>
<td>Spending more time with my family</td>
<td>Excitement - building more bonds than I already do</td>
</tr>
<tr>
<td>Learning things independently</td>
<td>Relaxation - got a timetable so then I know what I am doing</td>
</tr>
<tr>
<td>Not being able to see family and friends</td>
<td>Loneliness - not enough human interaction</td>
</tr>
</tbody>
</table>

Task 2 – Specific moments:

- I cannot see my grandparents as its dangerous.
- Also, I can’t see my friends but I’m used to seeing them everyday.
- The week the lockdown was announced, my sister was meant to travel to visit us as she lives in Wales but cannot do so.
- I’ve become an independent learner as I have to learn by myself due to no teachers.

Task 3 – What I’ll talk about in my writing:

I will talk about my sister not being able to visit:
- I haven’t seen her in 3 months - I’ve only seen her on FaceTime but it isn’t the same.
- She is a carer who cares for the elderly - she puts her life at risk to help others.

Task 4 – Planning:

My experience of life during ‘lockdown’

I remember everything so vividly- me and my friends talking and talking about how boring and how upset we will be not seeing each other in lockdown. Negative emotions filled the atmosphere. We all checked all together if we have done all our homework for the last couple of days, checked our diaries if we missed anything, checked we can all keep in touch so we can still communicate and checked that we all felt the same about the lockdown and not going to school anymore and then trying to make the most of it the last couple of days we will see each other. Walking home and to school together, laughing and talking, enjoying time with my friends in the school playground and having lunch together in the canteen before the last couple of days were about to end.

In the weeks that followed, things became more boring and boring. My first pieces of homework for every lesson since lockdown that were assigned felt like receiving a lot of text messages from my friends. Virtual school was a spamming group chat. Gone were the lively teachers and friends, it was just me at home doing homework not visiting anyone or anyone coming to my house. Sitting at home using electronics, I was not able to go to the shops or any other places like parks with my friends and family. Bored was I, doing the same things every day and over and over again, homework, text friends, playing some games, text some friends again and then sleeping and thinking about all the good memories that have happened before ‘lockdown’.

And here I am, five weeks later, still trying to complete all homework received and keeping in touch with family and friends whom I can’t see in person and missing having assemblies where all the changes achievements were shared every Friday which would have been today. Every week gets a bit easier as I am getting the hang of it. Instead of going somewhere to meet up with my friends, when most of us aren’t busy and bored, I am about to call my friends on Whatsapp to see how they’re doing and what they are up to.
Dance Tips – Ms Risolino

This is different from last week’s so make sure you complete the actions to improve the circuit to ensure your dance training continues whilst you are at home. The more you do this, the more that you see an improvement in your skills. Put some music on or do it whilst watching Netflix and enjoy!

<table>
<thead>
<tr>
<th>Actions to improve</th>
<th>Skill it improves</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skip on the spot imagining you have a skipping rope in your hands 30 seconds</td>
<td>STAMINA</td>
</tr>
<tr>
<td>High knees for 30 seconds</td>
<td>STAMINA</td>
</tr>
<tr>
<td>Stand and bend your right knee and extend it in front of you. Repeat on the other leg. Continue for 30 seconds.</td>
<td>STAMINA</td>
</tr>
<tr>
<td>Stand with your feet wider than your hips, toes face outwards. Keep your legs straight and try and touch the floor, hold for 30 seconds</td>
<td>FLEXIBILITY</td>
</tr>
<tr>
<td>Sit down and open both your legs to second position. Push your knees down into the floor. Fold over your right leg and hold for 10 seconds, change to the left hold for 10 seconds, fold forward with hands in front of you and hold for 10 seconds. Repeat 4 times.</td>
<td>FLEXIBILITY</td>
</tr>
<tr>
<td>Sit in a pigeon pose (from yoga). Sit on your knees. Extend your right leg back completely straight. Now try and move your left foot out from underneath you, your left knee and calf is trying to make a right angle. Try and get both hips to push into the floor. Hold for 30 seconds and then repeat on the other leg.</td>
<td>FLEXIBILITY</td>
</tr>
<tr>
<td>Sit on the floor and start with your feet flat on the floor with your knees pointing up. Lift your feet off the floor. Now twist your body holding your hands and pulse them from side to side. (Russian twists). Do this for 30 seconds.</td>
<td>STRENGTHENING YOUR CORE TO HELP WITH BALANCE AND CONTROL</td>
</tr>
<tr>
<td>Lie on your back, with your feet flat on the floor, your hands are by your side. Lift your shoulders off the floor and pull your belly button in to your spine. Try and reach your right hand to your right heel then swap to reach your left hand to your left heel. Do this for 30 seconds. (Abdominal heel touches).</td>
<td>STRENGTHENING YOUR CORE TO HELP WITH BALANCE AND CONTROL</td>
</tr>
</tbody>
</table>

Week 4 of the PE Challenges – Mr Munro & Mr Philpott

Week 4 of the PE Challenges is live on the Core PE Google Classroom on Monday 18th May. This week it is seeing how many times you can keep a sockball up in the air using a shoe/slider. Give it a go and post your score on the Google Classroom stream. Good luck!