



Southfields Academy Weekly Newsletter

Week Commencing 21st September 2020



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

Year 8 News – Ms Hughes

A warm welcome back to you all.

What a fantastic week we have had so far...

Students have started their Year 8 journey with a bang! Starting with our re-integration interviews which were very successful and have made a huge impact in the return to school.

The students have all grown so much taller over the holidays and have come back with such a positive mental attitude that has made their tutors and me so very, very proud. Year 8 are regularly sanitizing their hands and work areas and are following the new school protocols in a responsible way. This week we have made huge efforts in getting to know our way around the school's new one-way system, which has been bumpy. However, we are getting there!

The students are exemplary role models for our new Year 7 cohort. I would like to say a special **Thank you** to all parents, carers and other family members for all of the hard work you have put in over the time away from school. It may not have always been easy; however, your perseverance has truly paid off. The work our Year 8 students completed and the amount of reading recorded has been excellent!

Lastly, welcome to our Year 8 new (and old) tutors:

Ms Nathanson (8NHN)

Co Tutor: Ms Boddy

Mr Reis (8RES)

Mr Philpott (8PLT)

Mr Pinder (8PND)

Co tutor: Ms Dixie

Ms Marsh (8MSH)

Mr Zayas (8ZYS)

Ms Baxter (8BXT)

Ms Conway (8CNY)

Mr Norris (8NOR)

We are looking forward to the year ahead!



Year 7 Admission September 2021 – Mr French Tours & Open Events

Open Events for Year 7, starting in September 2021 are now available. These are ticket only events and you can book your ticket by following this link: <https://www.eventbrite.co.uk/e/tours-tickets-119865939251>

Individual personal tours are not being offered at the present time, your tour may be you with another **family**.

Our virtual tour, starring some of our Year 12 students can be viewed on our website: www.southfieldsacademy.com





Thought for the Week

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning. – Albert Einstein



Supporting Students

Anxiety is natural, normal, and something everyone experiences at times in reaction to certain situations. As a function of our primal/instinctive brain whose job it is to keep us safe, anxiety is useful and necessary! But when feeling anxious becomes our daily experience, or is overwhelming or out of proportion to the situation, it's a sign that we may need to learn some new ways to relate to life's stressors.

Some children and young people have enjoyed being off school, while others will have really struggled with being isolated at home and away from friends. Others may be coming to terms with family problems, loss, or changes to their living situation. They might also face difficulties in being back at school, or have worries about getting or passing on the virus.

Due to the nature of this ever-shifting corona virus (Covid-19) pandemic, it's important to help our children understand their anxiety so it doesn't control them and start to affect their mental well-being.

While many of their uneasy feelings will disappear naturally as the situation changes, there are always steps you can take to support them emotionally and help them cope now.

Top tips for supporting children and young people:

Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone who listens and is interested in their feelings. You may have to experiment to find the right time/space where they will open up. (Tip - when they are upset is NOT a good time to initiate a conversation. Wait until they are calm.)

Support them through difficulties

Pay attention to their emotions and behaviour and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but helping them understand what they're feeling and why is the first step to helping them learn to better manage emotions and worries.

Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

Stay involved in their life

Show interest in their life and the things that are important to them. It not only helps them to feel valued for who they are (and to value themselves!) but it also makes it easier for you to spot problems and support them.

Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.

Positive routines

We know it has not been easy recently, but try to reintroduce structure around regular routines, healthy eating, and exercise. A good night's sleep is also really important – try to get them back into routines that fit with the Academy day.

If your child is struggling with anxiety for any reason, we are here to help.

We have visiting counsellors, a team of 'Education Wellbeing Practitioners' offering guided self-help, and specialist staff on hand every day. We also have a 'parent champion' Carole Gray, who can support families: (carole.gray@southfieldsacademy.com) Reach out to your student's Head of Year or email Ms Nearn, our Mental Health Lead (tricia.nearn@southfieldsacademy.com) with questions or requests.

Further guidance is available on the NHS website: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>



The Pilgrim Magazine – Ms Sulliman



Some of our students participated in The Nicholas Stewart Writing Project during the summer term whilst in lockdown and have been published in The Pilgrim magazine. The Nicholas Stewart Project was set up to help empower young people from 'negative influences' through community care and support. You can learn more about The Nicholas Stewart Project at www.nicholasstewartproject.co.uk

Below are the entries from Youceff Azzaz, Fateeha Sroya, Ilham Mohamed, Indiana Latifah Dinham and Shania Gouldbourne. Many congratulations to these students – well done!

Stuck Indoors for Lockdown **by** **Indiana Latifah Dinham**

*Stuck indoors on Monday,
Work set by my school.
Breakfast, lunch, dinner, sleep,
No wait, I can't sleep at all.*

*Stuck indoors on Tuesday,
Work to be handed in.
Breakfast, lunch, dinner, sleep,
A cycle seems to begin.*

*Stuck indoors on Wednesday,
I've only slept for two hours.
Breakfast, lunch, dinner, sleep,
The control of this isn't ours.*

*Stuck indoors on Thursday,
Are you getting bored too?
Breakfast, lunch, dinner, sleep,
I've got nothing more to do.*

*Stuck indoors on Friday,
Things still haven't changed.
Breakfast, lunch, dinner, sleep,
The lockdown has remained.*

*Stuck indoors on Saturday,
I make sure my work has been done.
Breakfast, lunch, dinner, sleep,
This cycle has definitely begun.*

*Stuck indoors on Sunday,
It's the last day of the week.
Breakfast, lunch, dinner, sleep,
This lockdown is getting to me.
I'll still be stuck indoors tomorrow,
And being 13 that is not for me.
Breakfast, lunch, dinner, sleep,
I guess for now it'll have to be.*



The Ticking Clock By Fateeha Sroya

You can hear the clock ticking. And parents on the phone. And the sound of the TV. And the tapping on the keyboards. And the white noise of the vacuum. The once silent during the day house has now become busy - people in each room, trying to concentrate and get their work done. It's loud.

But what you can't hear anymore is the sound of cars passing by, the doorbell ringing, people walking by. The only outside noise is the occasional clapping, indicating that staying home has become something to be rewarded. It's quiet.

All the hustle from outside has been brought inside our homes. During the day it used to be silent- no one home, everyone busy at work and school. Now the daytime is the loudest time of day- everyone trying to find a place where they can concentrate for at least an hour. It's weird.

Days have flown by; a month has already passed. The routine has become ordinary. Each day continuing to work, while hoping for the pandemic to conclude. It's normal.

The Ocean's Demise by Ilham Mohamed

*The second-hand smoke engulfed her.
They had created such a large mess,
Emptying their pockets in her deep blue flesh.
She gave them her everything,
Only to receive much less.
Yet they thanked her with the gift of their selfishness.
As her whole world turned sour,
She felt empty inside.
They would all feel sorrow,
As the world watched her demise.
She came back strong,
Expecting their cheers,
Only to find out
They had disappeared.
She wondered and wondered
Where they had hid.
She found out this was their doing,
Seeking shelter from Covid.*



Corona Time by Youcef Azzaz

I find it interesting how easily our way of life can change and how quickly we become accustomed to it, but not all of us. I find it obscure but also frightening in the sense that an entire planet is in this state. The superpowers of the globe all shutdown by a force that they can't see and can't stop with their money and guns.

So it all started with the situation in Wuhan, China. Reports that a virus has struck leaving the area in a state of emergency and panic, no one was allowed to leave their homes, families losing loved ones. This all happened as we watched from afar living our normal lives, shopping centres were bustling, pubs full every night, people going to and fro from their workplace and homes. The schools were open and we all were normal in our sense of normal. Unaware of our fate that was soon to come.

The first few cases started to pop up here and there in Britain, yet we continued to disregard it. There was one new thing though. The supermarkets were no longer full with whatever we required as people started to panic buy in hysteria to the situation. People that feared for their health or the health of others were advised to stay at home and self-isolate. People that developed flu-like symptoms were advised to self-isolate. And amidst it all, like all other people of my age I presume were wishing for the school to be shut down. The school did shut down, happy days right?

The whole country shut down.

So let me tell you of my experiences and give you a more micro-scale view of this situation. After a long period of time, you get accustomed to this, you wake up, eat whatever you eat do school work check the news, its reached a point where those massive numbers of deaths are just that numbers, you see them every day increasing by thousands and at the start that gave you a sense of fear, of worry, but now your just interested to see how far it can go. Desensitised by the whole situation. Schoolwork has become tiresome there isn't any motivation or fun aspect to it, it just feels like you're forced to do it. People encourage you to do new things and try out new activities but It hasn't been the same for me. You reach a point where you feel this will be your life forever stuck at home like an animal in its cage. You feel captured. The country slowly but surely dying outside our windows and people losing loved ones by the minute has given me a new view on life - quite morbid to say the least but I guess I should share...

Often at times most of us feel like we are going to live forever. Sure we plan our future but we keep that mindset that we are going to be alive for that part. If this whole pandemic has proven anything it's that humans are not as strong as we believe as something that can't even see with the naked eye has brung the world to its knees. Sent millions of people to the next life- if there is one. Boris Johnson for example or Kim Jun Un who in his country is revered a god in its term have both been affected. So what my point is that death is around the corner and any day could be your last. This is probably not similar to the rest which say "oh I've taken up art as a hobby for example" but this is my experience from this lockdown and I believe the message is important.

So let me end this on a more of a positive note rather than morbid. The fundamentals of stoicism - which is an ancient Greek philosophy- as said by Epictetus is that "The key to freedom and happiness is understanding one simple principle. Some things are in our control and others are not." It simply means by accepting that some things are not in our control you feel relief and not letting things out of your control change you and not to fight against what was meant to be.

I guess you could say I found a thing for philosophy.



Storm by Shania Gouldbourne

*As we live our lives, we are aware of life,
But, unlike us, a storm knows neither of what it is creating or destroying,
Just like this pandemic, it knows of nothing.*

*The world that we live in,
The environmental problems,
The extreme weather, pollution and natural disasters,
These things come as a surprise,
Surprises we are unprepared to handle.*

*This virus came all of a sudden and spread viciously.
The bigger surprise was what it turned out to be.*

*A storm is a natural disaster.
The storm that hit us is a storm like no other.
It started off in Wuhan, China.*

*Slowly but surely,
It started to spread,
Leaving people all over the world in despair and vulnerable.
Just like a storm destroying whatever is in its path,
Whatever it can get to.*

*Forcing families to stay inside,
Forcing people to mourn for their loss,
Forcing people to be separated.*

And just like this the storm rages on.

Dates for Your Diary

Wednesday 23rd September 2020 – Parents' Forum
Thursday 22nd October 2020 – Year 11 Parents' Evening
Monday 26th October 2020 – Half Term
Monday 2nd November 2020 – Students return to the Academy
Wednesday 4th November 2020 – Prize Evening
Wednesday 11th November 2020 – Extended Project Launch Evening