



Southfields Spirit ii

Week Commencing 25th January 2021



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

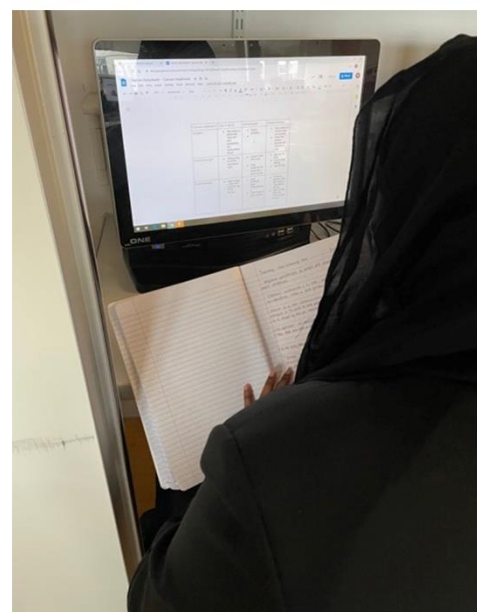
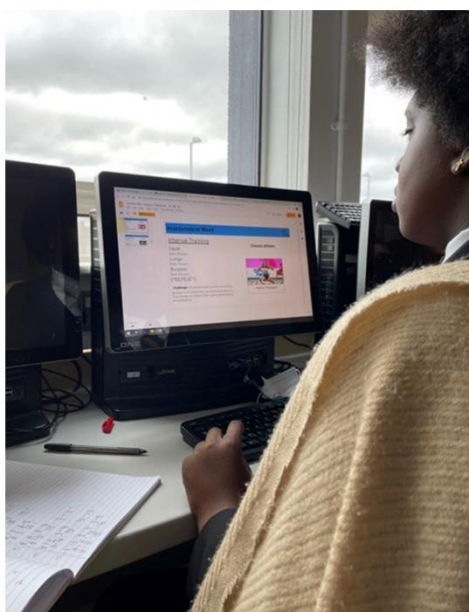
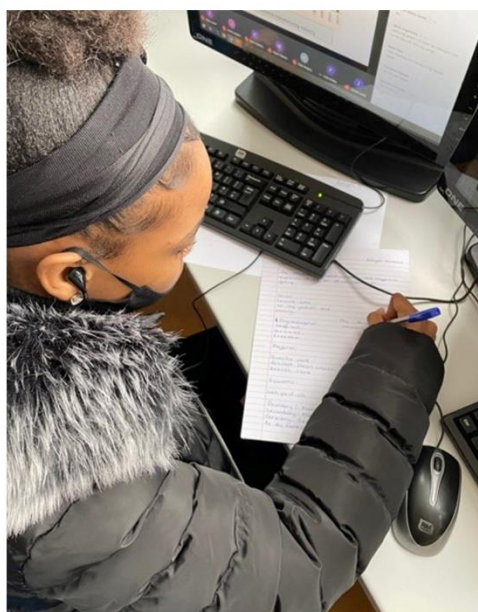
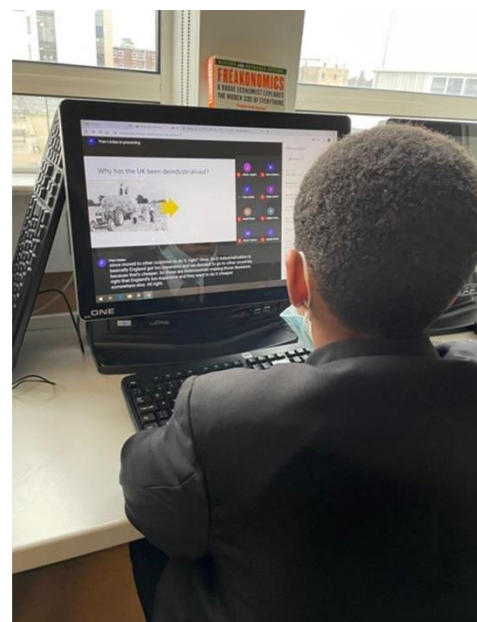
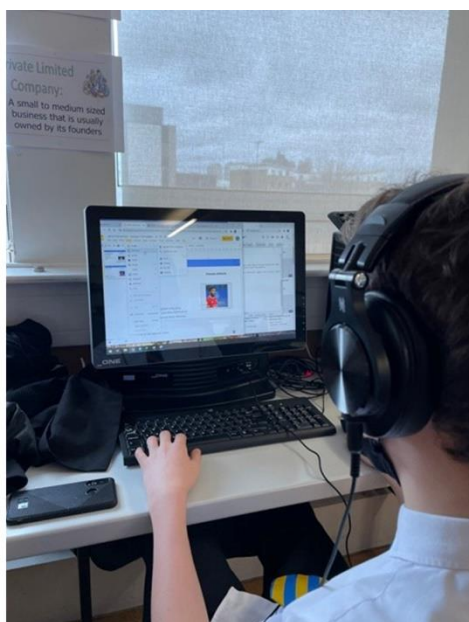
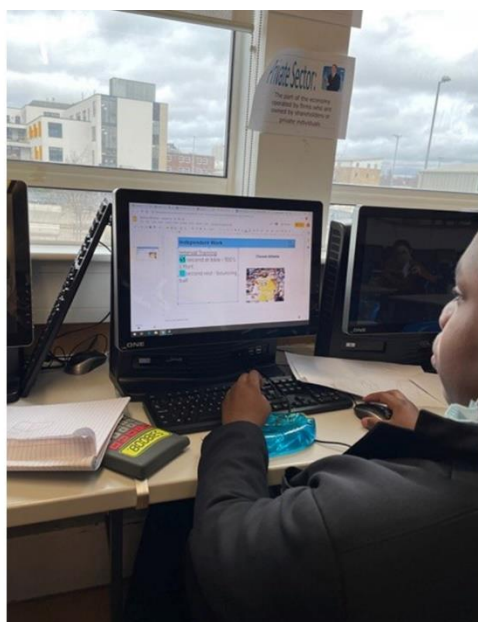
Thought for the Week

“Think for yourself and let others enjoy the privilege of doing so too.” — Voltaire

As we start the spring term, we have decided to relaunch Southfields Spirit. This newsletter will celebrate the successes and achievements of students learning at home and in on-site provision and will also contain useful information and advice to help parents while the school is functioning in the main, virtually.

Southfields Academy On-Site Provision

Those students who have been attending the on-site provision have been engaging with their lessons really well. Below are a few pictures of the Year 9s hard at work in their lessons.





Accelerated Reader Quizzers – Ms Swann

The students below have all successfully passed a quiz on the books they have been reading this week. Well done all!

Year 7

ALONSO LORENTA, Daniela
AMOS, Marco
ARCHAMBAUD-CHAO, Preston
DOGAR, Saad
FAROOQ, Shayaan
HAIDARY, Nastaran
PETERSONS, Gusts
PUTHUVLAKAN, Kavinran
ROMANOWSKI, Fryderyk
SADIQI, Khwaja
ABBAS, Mariam Omotolani
BLAIR, Reyez
BUTLER, Shayleigh
DELESIE, Rocco
HAIDARY, Yasaman
HARVERSON, Liam
IQBAL, Samar
MCILROY, Taylor
MERROUCHE, Qassem
TELVAK, Miroslav
THOMPSON COLE, Janae
WALKER HAY, Luci
LAURENT-ARCHER, Tashi
MOHAMED, Arda
MOHAMUD, Bilal
OSIFO, Nicole
STANTON, Stanley
TYNDALE, Stephen

Year 8

HAZIRAJ, Edi
SALARDI, Victoria
SHUNMUGALINGAM, Saishaan
KRASZEWSKA, Victoria
PETROVA, Evelina
TOWNSEND, Kayda
YONIS, Abdimalik
DE OLIVEIRA QUIRINO, Luana

Year 9

CAMPBELL, Sean
VUKALIC, Ajla
LATIF, Shafia
RILEY, Mckenzie
AKTAS, Krzysztof
AHMAD, Daniel
MORINA, Hensi
NASEER, Mariam
AHMAD MALIK, Tamoor
ANDREWS, Francesca
BAXTER, Evie
NUR, Sumaya
OGUNBAMBI, Boluwatife



P.E. Independent Work – Ms Clark

This week brings some more, excellent independent work from the Year 8 & 9 P.E. students, see some examples below.

Independent Work

Interval Training

Alexandre lacazette

40 seconds of press ups

30 second rest

60 second sprint

20 second rest

Repeat 10 times !

Chosen Athlete



Starr - Y9

Independent Work

Interval Training

60 seconds squats at

70% effort, 10 seconds

rest

Do 7 times.

Challenge - Squats build and strengthen muscles and improves ability to run, this training regimen will be excellent for improvement.

Usain Bolt



Boluwatife - Y8

Independent Practice

Name - Celia Anton

Sport - Athletics

Component of fitness - I believe that Celia Anton's physical condition is good for an athlete in my opinion because she has balance, has strength in her feet, eats healthy foods and drinks a lot of water. I believe that is Celia Anton's physical condition.



Melani - Y8

Review	I do	We Do	You Do	Independent Practice	Checkpoint
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Independent Practice

Name - LeBron James

Sport - Basketball

Component of fitness - Reaction Time

I chose this type of training because he needs to be able to know when the ball is coming towards him and where the ball is going



Fizzah - Y8

Review	I do	We Do	You Do	Independent Practice	Checkpoint
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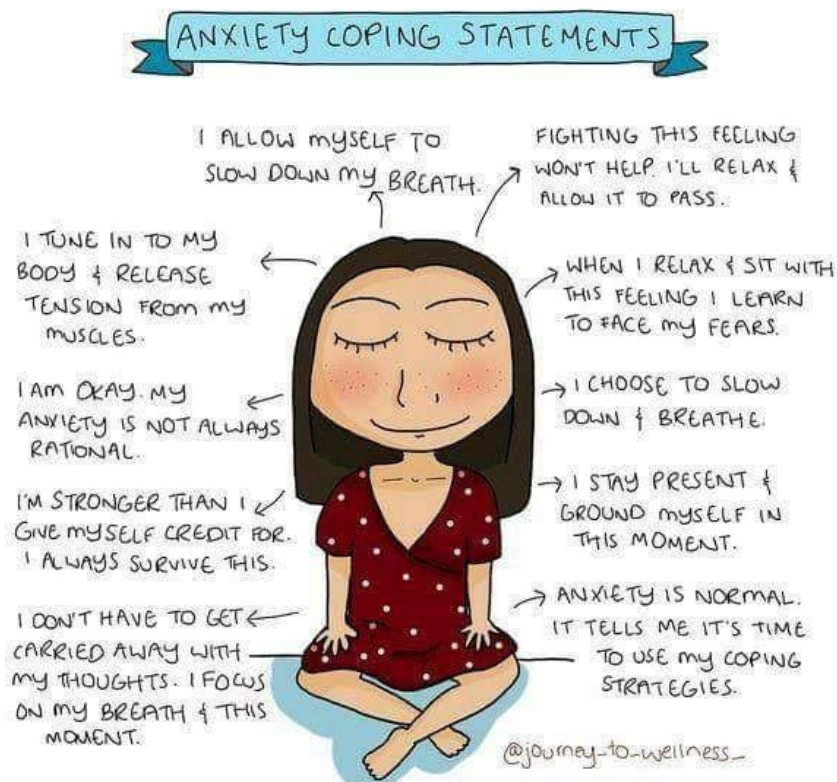
Helping your anxious child – Ms Nearn

The brain loves to ruminate on things it cannot control - humans seem to be wired for worry! The adolescent brain, being still 'under construction,' is even more prone to freaking out when children experience strong emotions. This is sometimes called "flipping your lid" and can take the form of an angry outburst, tears of frustration, or, at an extreme, a panic attack which is our ancient 'fight/flight/freeze' response (that exists to keep us safe and alive) going into overdrive at the wrong time.

At the other end of this extreme is low-level anxiety which can be much more debilitating in the long run. Feeling disconnected from routine, out of touch with the wider world, and isolated from friends can cause very real pain for some children who don't yet have the learned wisdom (or patience!) to know that 'this too shall pass.'

If your child struggles with anxiety, they need help to learn to question thoughts and beliefs that enforce their negative feelings. This begins with having empathy for what they are feeling, followed by gentle reminders that they are safe in this moment and the future is unwritten. Breathing is also a direct path to the part of the brain that causes panic. Try sitting with them and breathing in through the nose and out through the mouth, extending the out breath for as long as you can manage. Even doing this for a minute is very helpful.

Thankfully, what is caused by the mind can be cured in the mind. Our Education Wellbeing Practitioners can teach your child other techniques for managing their anxiety and can work with them remotely during this current lockdown. If your child is struggling in any way, please email their Head of Year and we can put some support in place.



Upcoming webinar to support parents of anxious online learners.

Creative Education are running FREE webinars to support parents. To sign up follow this link:

<https://www.creativeeducation.co.uk/product/how-to-support-anxious-online-learners-3rd-february-additional-date/>

Or click the image below.



creative
EDUCATION

Free
*How to Support
Anxious Online
Learners*
Webinar



Year 7 Science – Ms Bouzounieraki

The Year 7s have been making models of plant cells in their science lessons this week. Here are some of the amazing models they have made.



P.E. weekly activities – Mr Munro

Southfields Academy weekly activities are back! To give you some inspiration for the 30x30 challenge, the P.E. department will be showing you some activities that you can try at home! This week it is a basketball shooting challenge. Try it at home, you could compete against your family and let your P.E. teacher know how you fared. You can watch the video by clicking the link below or clicking on Mr Munro to the right:
https://drive.google.com/file/d/1D_ANsPIQSkpVq4mOTpN408qXVxp2ET1p/view?usp=sharing



30 x 30

Minutes

Days

SOUTHFIELDS PE
BE THE BEST YOU CAN BE



Year 7 Independent Work – Mr Munro

Here is some great work by Taylor McIlroy (07BZI), who has created a training session for a professional footballer. Not only has he clearly taken some time to complete this work to a high standard, he also took time to speak to the footballer to find out what exercise he completes in training. All of this makes it a very detailed piece of work. Well done Taylor.

Independent Task

Student Name: Taylor McIlroy (07BZI)

Task: Using the subheadings below, create a training session for a chosen athlete.

Name - Brandon Aveiro

Sport - Crystal Palace Under 23 - footballer

Type of training - Fartlek training - warm up steady jog

7-10 minutes - high intensity sprint 60-75 seconds - light

jog - 130-150 seconds repeat 3-4 times - cool down steady

jog 7-10 minutes

Challenge - He is a family friend and was able to tell me what is expected from him when he is training. He said it is very tough, but also rewarding after, as it helps his body react to changing intensities during a match.



Wandsworth Operation Christmas Cheer – Ms Molloy

You may remember that before Christmas our Health & Social Care students generously supported and donated to the Wandsworth Operation Christmas Cheer being run by the local authority in conjunction with Age UK. [You can read the original article by following this link and going to page 3.](#)

We have received some amazing feedback which you can see below!



Wandsworth Operation Christmas Cheer Feedback!

Dear Ms Molloy, I just wanted to reach out to say a huge thank you to Southfields Academy for taking part in Operation Christmas Cheer, the cards that the students made were just gorgeous. Over 1,800 older residents of Wandsworth received parcels and we were inundated by letters and messages of thanks.

“Dear all at Age UK Wandsworth,

I’m just writing to say how wonderful and what a lovely surprise it was to open my front door to find an elf carrying a bag of xmas goodies intended for me!

Everything the bag contained will come in very handy for me and the hand-made card melted my heart!

I cannot have a proper xmas and am unable to celebrate it in any way this year, due to us being in Tier 4, so little gestures of kindness such as this, make a huge difference to the holiday season.

Again, thank you so much for thinking of me at this time.”

