



Southfields Spirit ii

Week Commencing 1st February 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

“Men build too many walls and not enough bridges.” — **Joseph Fort Newton**

Southfields remembers the Holocaust – Ms Atley

Holocaust Memorial Day is an annual event on January 27th to remember the millions of people who died in the Holocaust. On Holocaust Memorial Day, we also remember people who have died in other genocides. A genocide is the deliberate killing of a large number of people from a particular ethnic group, with the aim of destroying that group of people. Genocides are the most extreme result of prejudice, ignorance and discrimination. However, within the horror of the Holocaust there are stories of incredible courage, selflessness and friendship and this week students at Southfields learnt about the one of these stories in their assemblies or tutor times.

The story was about the Mandil family and the Veseli family. The Mandil family were Jewish and fled from the city of Belgrade, in what is now Serbia, to avoid Nazi persecution. The Mandil family were rescued by the Veseli family, who were Muslims living in Albania, who risked their lives to protect the Mandil family from the Nazi Holocaust.

It is so important on Holocaust Memorial Day to remember the victims of Nazi prejudice and persecution, but it is also important to celebrate those people who did what they thought was right, and whose brave actions saved lives. Students learnt about one story of thousands, but it is a story of how two families who, despite completely different backgrounds and religions, all in danger of losing their lives, became one family.



This is a photograph of the Mandil family with their Albanian rescuer, Refik Veseli



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
BAMBA, Issa
BIELECKI, Alan
HAIDARY, Nastaran
IDRIS, Yusra
PETERSONS, Gusts
PUTHUVLAKAN, Kavinran
ROMANOWSKI, Fryderyk
TITANE, Nizar
WALKER, Aarron
WESTON, Codi
GABRIELLE, Blessing Rebecca
HAIDARY, Yasaman
MCILROY, Taylor
SOLOMON, Christina
CUMMINGS, Iarna
STANTON, Stanley
VARDON-ODONKOR, Charles
SEDIQI, Samir
AHMED, Haris
BAUTISTA DE LEON, Clarence
DAVILA CARDOZA, Daneyling
JONES DAVIDSON, Romaine
LAWER, Brogen
MAGIRI, Khayrah
MOONSAMY, Shania
STRINGER, Luke
TOUSSAINT, Kymora-Li
MUSTAFA, Bahja

Year 8

AOUN, Ayat
GIL, Angelina
HAZIRAJ, Edi
TOWNSEND, Nyla
AHMED, Shayan
EMAN, Maida
TOWNSEND, Kayda
SIDIQI, Sahima

Year 9

ABDULKADIR, Yasmin
CREASER, Aimee
FAHEEM, Qanta
HARVERSON, Jaren
MOHAMED, Ilham
SIDIQI, Marjan
AHMAD, Faris
KANG, Jazab
AHMED, Hood
AKTAS, Krzysztof
DADOK, Wiktorja
TAYLOR, Nevaeh
DELIALLISI, Isa
LALA, Suada
OBACH, Alice



PE Independent Work – Ms Lenton

07S1 produced some excellent independent work on interval training this week. They had to create an interval training session for a specific athlete and then explain why they had chosen that athlete. The girls put a lot of effort into this work and completed it to a high standard, here are some examples. Well done 07S!!

Independent Work

Interval Training

1 minute sprint- 100% effort
1 minute jog- 50% effort
30 second walk- 40% effort
Repeat those 5 times.

Chosen Athlete
Wendie Renard



Yr 7 - Maham Akram

I have chosen this interval training session for Wendie Renard because in a football match, if Wendie has the ball she needs to sprint to the other side to kick the ball into the goal or she might sprint to intercept the ball from someone else. She might jog when she's not near the ball and she might walk if the ball has gone off the pitch. This will help her muscles and help her with changing her speed/pace.

Independent Work

Interval Training

1 minute sprint 100% effort
20 seconds jog 60% effort
30 seconds rest 20% effort

Chosen Athlete
Megan Rapinoe



Yr 7 - Ivy Burgess

I have chosen this interval training session for Megan Rapinoe because in football you are not always walking or sprinting it is varied so she needs to know how to change speeds and also stay at a consistent speed during a match.

Independent Work

Interval Training

Sprint for 30 seconds 80%
Sit for 30 seconds
Sprint 20 seconds 100%
Repeat 20 times

Carla Hohepa



Yr 7 - Jenna Goldie

Challenge -

I have chosen this interval training session for Carla because she is a rugby player and if she is trying to to score a try she will need to sprint from her opponents.

Independent Work

Interval Training

1 minute sprint - 100% effort
35 second jog - 55% effort
20 second walk - 30% effort

Alex Morgan



Yr 7 - Laila Kowlessar

Challenge -

I have chosen this interval training session for Alex Morgan because it would help her when she is playing Football, she would sprint when she is trying to get the ball or score, jog around the pitch to pass to someone or get the ball. And lastly walk if the ball is very far away or the ball went out.



Getting Support with Reluctant Lockdown Learners – Ms Nearn

There is no doubt that this latest lockdown is hitting some students particularly hard. Feeling low, unmotivated and listless has caused some children to think, "why bother?" Maybe you've been feeling that way too! While there are no easy answers or quick fixes, it's important to acknowledge when your child is struggling.

Next week is 'Children's Mental Health Week' and the theme is 'express yourself.' Self expression often begins with talking, so it's a good time to initiate a conversation if you have noticed changes in your child, are worried about them, or just want to connect with them. When you do speak with them, please try to *really* listen without judgement. We humans often only half-listen while thinking about what we're going to say next. Instead, give them your full attention and try and remain open to whatever comes up. Showing empathy for your child's emotions and points of view, even if it's something you disagree with or don't think is a big deal, means they will be more likely to talk to you about the big stuff when they need to.

Try these conversation starters if you need some guidance:

- Is anything worrying you? Tell me about it.
- What do you do during break times? Who are you spending time with?
- Is anyone bothering you?
- How is your body feeling? Are you having stomach aches or headaches?
- Is it easy for you to fall asleep?
- Is something making you scared?
- Do you have any problem paying attention?
- Do you feel sad or unhappy?
- Do you feel irritated or get angry easily?
- Do you know what's bothering you?
- Has anything really frightening happened to you?

Saying hard stuff out loud is often the beginning of resolving problems. But if you would still like some practical advice on supporting a student who is struggling, consider attending one of these free webinars open to all parents with children in Wandsworth schools. Alternatively, contact your child's Head of Year or DSL-MH Ms Nearn (tricia.nearn@southfieldsacademy.com) if you would like to request individual support.

Lockdown Learning - Why bother? What's the point? Coping with Uncertainty and motivation.(Secondary school) A FREE WORKSHOP FOR PARENTS

3 Feb - <https://www.eventbrite.co.uk/e/lockdown-learning-why-bother-whats-the-point-tickets-137767603611>

5 Feb - <https://www.eventbrite.co.uk/e/lockdown-learning-why-bother-whats-the-point-tickets-137772283609>



**Are you OK
Wandsworth?**



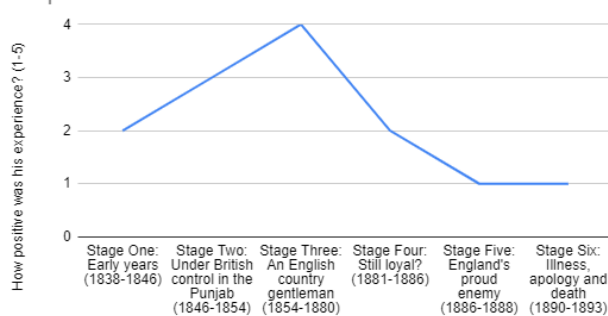
Year 8 History – Ms Marsh

This term Year 8 are studying the British Empire in their history lessons and learning about the incredibly diverse experiences of people who lived under British rule during this time period. Last week they learned about Duleep Singh, an Indian prince, and had to create a 'living graph' to show how his experience of the British Empire changed from a positive one to a negative one over the course of his life. This was a lesson which required a lot of independent reading, new vocabulary and basic graph skills - all taught remotely! The students got to grips with this task really well and showed a good understanding of how complex this part of British history is.

What was Duleep Singh's experience of the British Empire?

	How positive was his experience? (1-5)	Explanation of your score
Stage One: Early years (1838-1846)	2	low because he was forced to sign a treaty and had land taken away. however, he was treated well by the british and recieved an education
Stage Two: Under British control in the Punjab (1846-1854)	3	it was a fifty/fifty because he got taken away from his mum which is not a good thing but he signed the treaty and Britain got land and Queen Victoria got a diamond and he £50,000 a year if he stayed loyal to the British rule.
Stage Three: An English country gentleman (1854-1880)	4	things were getting better, he was aloud to change religion and he had a lot of opportunities, he got married and brought a house and he had a luxurious life
Stage Four: Still loyal? (1881-1886)	2	The british farming to fail and the wealth was falling. Large depths and running out of money and the Government refused to give money .He became a Sikh once again and set off to India, during this he got arrested for not being loyal but he said he doesnt want to be loyal to the british no more
Stage Five: England's proud enemy (1886-1888)	1	He wanted to hurt the British so he decided to plot, he even contacted the Russians. He wasnt signed to the Treaty no more. This was a big change in his life because he used to have a luxurious life and now hes back in India
Stage Six: Illness, apology and death (1890-1893)	1	He went to Paris but sadly had a stroke . a good thing that he done was apologised, he was burried once where he owned his house and Queen Victoria didnt attend his funeral

What was Duleep Singh's experience of the British Empire?



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! Week 2 of your 30x30 activity inspiration from the PE department. This week we're looking at curling, from the comfort of your own home! Watch the video showing how it is done by clicking the link:

<https://drive.google.com/file/d/1ZkhjkGnHmNFcZ2tt9qLLRgSAfQgbXmyL/view?usp=sharing>

30 x 30

Minutes Days

SOUTHFIELDS PE
BE THE BEST YOU CAN BE

