



Southfields Academy Weekly Newsletter

Week Commencing Monday 10th May 2021



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

6th Form News – Mr Browne

University applications reach record levels

This year a record 134 students applied to study at university. Some will commence their courses in September of this year; others plan on taking a gap year.

Many students have received multiple offers - no mean feat in a year where university applications across the country are up by more than 11%. Students have until early June to reply to their offers. For the one or two students who do not hold any offers, UCAS Extra is available - this effectively enables students to reapply to universities whose courses are not yet full.

The next phase for these students is to complete their student finance applications and to better understand how student finance works. To this end, the sixth form tutors have been delivering a programme of study to make this a reality.

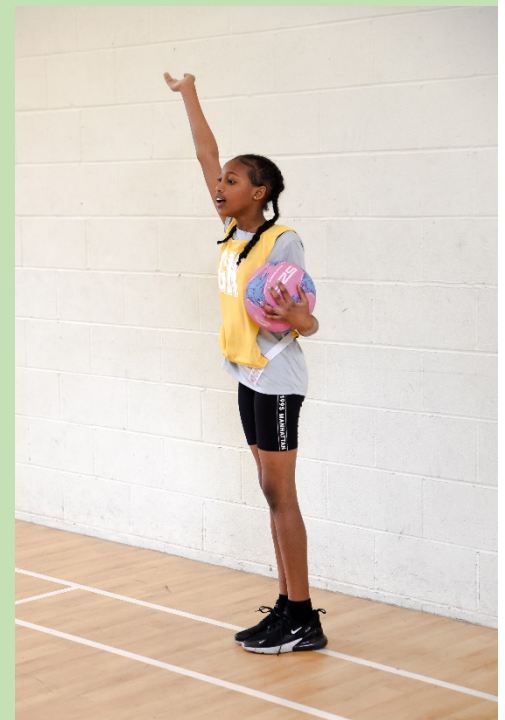
We're also keen to ensure that our students are equipped to survive and thrive at university. Last year, university drop-out rates were higher than normal. This was somewhat inevitable. But we still want to do all we can to ensure this is less of a factor next year (for our students at least). To this end we're planning, Covid restrictions permitting, on running a "survival at university" day.

We're also planning on ensuring all students receive a free "getting the best out of university" eBook via Amazon's Kindle platform.

Southfields Girls Can Week – Ms Lenton

Southfields Girls Can week has been a huge success with the girls. They have shown great enthusiasm to participate in activities they may not have tried before. During their PE lessons the girls showed great strength and determination in a tug of war competition and an obstacle course. Their competitive side was also brought out through a bench ball and dodgeball competition.

As well as their PE lessons the Year 7, 8 and 9 girls had the opportunity to attend extra-curricular clubs including netball, football and trampolining. This was a huge success and we look forward to national school sports week where we will see more students getting involved in sport and physical activity.





Thought for the Week

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” – Amelia Earhart



Girls' football School Partnership – Ms Clark

Massive congratulations to the Y9 girls who took part in the football activators leadership award program for game of our own. The launch event on Wednesday 5th May was a huge success.

The program engages girls in curriculum physical education through a life skills approach, using football as the vehicle. In addition, the programme aims to support and develop young female leaders through its young leaders training and support package.

The girls took part in different activities and created their mission and values for the term ahead. I look forward to seeing your mission and values come to life in the next sporting events at the school. The PE department are looking forward to having you on board and demonstrating our motto of "be the best you can be".

They are all ready to inspire and encourage the girls at Southfields academy to get involved in football and sport.

You are all superstars and 2021 game of our own football activators! Well done.

The FA
Football Foundation

GIRLS' FOOTBALL SCHOOL PARTNERSHIPS
Supported by **BARCLAYS**

Leadership
GAME OF OUR OWN

Southfields Academy
@GirlsFootballInSchools

Our MISSION STATEMENT
Our TEAM VISION
My PERSONAL PLEDGE
Our TEAM VALUES

05 Wellbeing Sneak
Southfields Academy!

Step 1
- going to sleep earlier
- 8-9hrs
- no technology before bed
- drink water
- 15-20 mins before bed

Hydration
- drinking water earlier
- skip drinking fizzy drinks in the morning
- no sugary stuff
- eat something

Exercise
- working out with friends
- lots of a daily walk after

Diet
- eating healthier
- balanced diet
- water with food

We pledge that every girl has equal access to football in school

YOUTH SPORT TRUST
Supported by **BARCLAYS**



Mental Health Awareness Week – Ms Nearn



Mental Health Awareness Week is May 10-16 and the theme this year is 'nature.' You might think it's odd to link mental health to nature, but it's almost impossible to realise good mental health without a connection to the natural world. Why? Because we are *part* of nature, not separate from it. Just like babies depend on a nurturing mother (or father) in order to co-regulate their emotions, the same could be said for the rest of us - we need a connection with mother earth to regulate our emotional wellbeing.

Albert Einstein said "Look deep into nature, and then you will understand everything better." What did he mean?

If we pay attention to the seasons, we notice that our life also has seasons: we move from birth, through childhood to adulthood and into old age the same way that the seasons turn from spring to summer to autumn and to winter. As well, the weather can be seen as a reflection of the emotions we experience, with feelings coming and going all by themselves like clouds floating across the sky. (Luckily a rainy day doesn't last forever, and neither do our feelings of sadness or grief.)

In the 1960s a study found that patients who were treated in hospitals with a view of nature actually recovered faster. This has influenced how hospitals are designed, and got scientists even more interested in the health benefits of nature. They even discovered a type of bacteria in the soil that acts like a natural antidepressant that makes you feel more relaxed, happier and more resilient to stress. What a great reason to take up gardening or let your kids play in the dirt!

Throughout most of human history we have lived close to the land and in tune with the natural world; it is only in the last five generations or so that most of us have moved to cities. This 2-minute [video](#) explains what happens when we sever our connection to nature and stop going outside. (Hint: Losing our connection to nature is associated with more fear and stress as opposed to increased stability, empathy and love when we stay connected.)

So for those of us living in crowded London it is essential to cultivate a connection to nature. Thankfully, we have an abundance of green and wildlife surrounding us - we just need to pay attention. As John Muir said, "Of all the paths you take in life, make sure a few of them are dirt."

A Thank You from Wandsworth

The Academy received a nice surprise this week in the shape of a delicious cake and tray of cupcakes to thank staff who had been involved in supporting the mass testing of students after their return to the Academy in March and the recent distribution of surge tests to students and their families.

It was a much-appreciated gesture to recognise the hard work that had been put in during what was a particularly testing time for the Academy. Thank you Wandsworth!



Thank You Year 7 Parents

Ms Gbolonyo and Ms Boothe would like to thank all the parents/carers that attended Year 7 Parents' Evening Thursday 6th May 2021.

We really appreciate the on-going communication, support and partnership for ensuring your child's success at Southfields Academy.

Dates for Your Diary

- Friday 14th May 2021 - INSET Day – Academy Closed to Students
- Wednesday 12th May 2021 – International Group Parents' Evening
- Thursday 27th May 2021 – Year 8 Parents' Evening
- Monday 31st May 2021 – Half Term Break
- Monday 7th June 2021 – INSET Day (Academy Closed to Students)
- Tuesday 8th June 2021 – Academy Resumes For Students