



Southfields Academy Weekly Newsletter

Week Commencing Monday 24th May 2021



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

Student Safety - Wanda Golinska, Headteacher

Please could all parents/carers discuss and remind their children of these key safety messages about travelling to and from school:

- We would encourage students to take the safest, most direct route to/from school.
- Students should not loiter in shopping centres, town centres or parks during their journey.
- Where possible, students should travel with friends.
- If approached by a stranger, students should not engage in conversation.
- If a child feels unsafe, they should speak to staff on duty at the bus stop or return to the Academy and ask for a senior member of staff. We encourage you to discuss alternatives with your child for other parts of their journey.

Thank you for your support with keeping our community safe.

Year 8 News – Ms Hughes

Year 8 have done themselves proud this side of the term! We have had new students join from various countries including Brazil, Senegal and Bulgaria. The year group have shown kindness and helped our new students to settle in. Lots of teachers and other staff members have commented on how well they are embracing the new students. Well done!

Ten Pin Bowling

Year 8 once again took part in the Wandsworth and Ealing Panathlon challenge and won 1st place adding another trophy for Southfields Academy to the cabinet! The each received their own Panathlon badges and certificates. Fantastic Job!



Armitage foundation

Our Year 8 Armitage partakers are doing great work continuing their course with the Junior Doctors. The sessions are fun packed with facts, demonstrations and lots of knowledge about the body. Next session is all about blood -Watch this space...

Opportunities for Economists – Mr Hertz

John Lomax, the Head of Emerging Market Strategy at HSBC talked to our Year 13 Economics students via a Zoom call about the opportunities for Economists in investment banking and the many different paths students can take to pursue a career in the City.

He shared many of his experiences with them and gave them a fascinating insight into why developing countries are exciting places to invest and work. The students had many questions for him which showed their enthusiasm for the subject they chose to study for A-level and in many cases want to study at University.



Thought for the Week

“Kindness and politeness are not overrated at all. They’re underused.” – *Tommy Lee Jones*

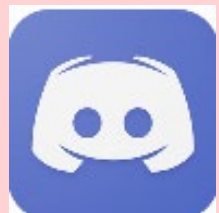
Discord | Your place to Talk and Hang Out - Be Careful!

Discord is an app and platform for chat and community aimed at the gaming world. It is potentially dangerous because it is encrypted and unmonitored by parents.

However, the app has a 13+ rating, and is not designed for use by children. There have been several serious incidences of the app being used to exploit and groom young people locally, it has also been used to conduct sale of illegal drugs.

The NSPCC along with O₂ have put together a collection of excellent resources and materials to help you and your child explore the app, talk to each other about who they’re talking to, ensure that their safety and privacy settings are set correctly and work together to ensure they remain safe when they are online.

[Click here to visit their site.](#)



TikTok – Do not attempt dangerous online trends!

In their quest for TikTok fame, London teenagers have been forcing themselves into toddlers’ swings and getting stuck. Recent stories on the BBC have highlighted this dangerous trend.

[Click here to read them.](#)

We are urging parents to speak to their children about online challenges, making sure they do not attempt to copy dangerous and potentially illegal online trends.

The NSPCC along with O₂ have put together a collection of excellent resources and materials to help you and your child explore the app, explore the family pairing settings (enabling parents to see how long their children spend on TikTok and restrict the content they can view), ensure their safety and privacy settings are set correctly and work together to ensure they remain safe when they are online.

[Click here to visit their site.](#)



Dates for Your Diary

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
Tuesday 22nd June 2021 – Year 13 Prom
Wednesday 23rd June 2021 – International Group Prom
Tuesday 29th June 2021 – Year 11 Prom
Wednesday 30th June 2021 – Year 12 Level 2 Celebration
Tuesday 6th July 2021 – Key Stage 3 Drop Down Day



Ten Pin Bowling Challenge – Mr Philpott



31st March 2021 saw the return to extra-curricular sport to Southfields with a test event from Panathlon. The ten pin bowling challenge was being completed across Wandsworth and Ealing, with Southfields running out the overall winners in this event!

We had two teams from Year 7 and 8, so a massive shout out to:

Year 7 boys

Maximilian Moore
Daejean Dodd
Shayaan Farooq
Nathanem Yared

Year 7 Girls

Kaiyah Noel
Sajana Rubamoorthy
Shayna Rubamoorthy
Athena Fong
Lulia Abraha

Year 8 Girls

Taya-May Tilley-House
Ashleigh Townsend Edgeworth
Sahra Hassan

Year 8 Boys

Jaden Hall
Hubert Wakulinski
Christan Daley
Hayden Truss



Everyone who took part was fantastic and has helped greatly in opening up our pathway back to extra-curricular sport. Huge thanks should also go to Mr Miller, Miss Lenton, Miss Clark and Mr Boyce who were instrumental in the running of the event.





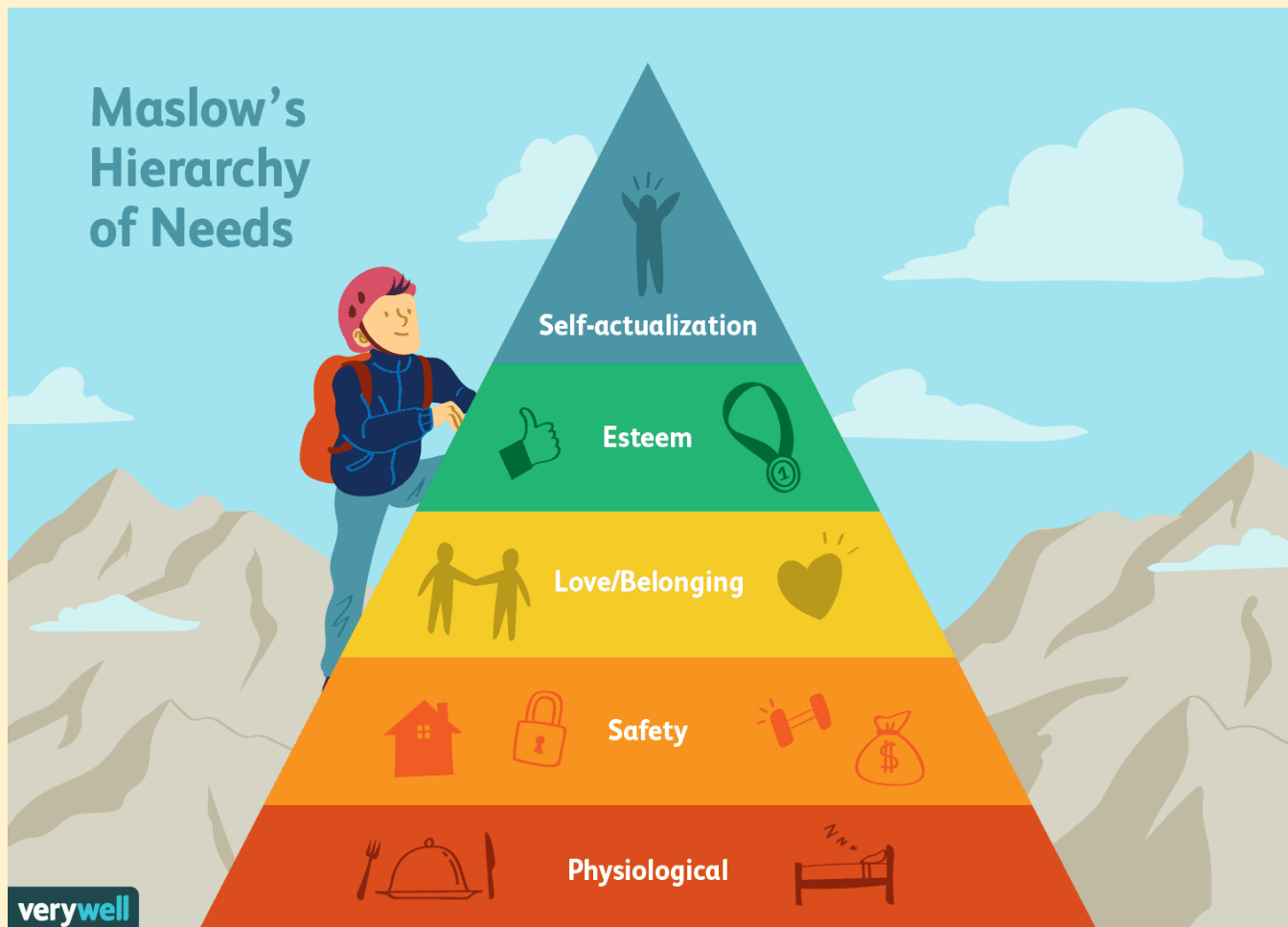
Are you raising your child to be independent? – Ms Nearn



We all know that raising children means providing for their basic need for food, shelter, safety, and love. But there are other “higher” needs that are less obvious but just as important.

In the 1950's, Psychologist Abraham Maslow envisioned human needs as a five-layer pyramid with the simpler needs at the bottom, moving up to more complicated needs at the top. We must satisfy the demands of each layer in order to move to the next level.

1. **Physiological needs:** food, water, warmth, sleep
2. **Safety needs:** security of the body, employment, resources, morality, the family, health, property
3. **Love/Belonging needs:** relationships (friendships, family), intimacy
4. **Esteem needs:** self-esteem, confidence, achievement, respect *for* other, respect *by* others
5. **Self-Actualisation needs:** (i.e., reaching one's full potential in life) morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts



The third and fourth levels can be summed up as the need for power, independence and enjoyment. We all want these things for our kids, but sometimes parents get stuck in the ‘safety’ layer (especially when kids hit their teenage years!) and unknowingly hamper their development.

Living in a big city like London, with all its pitfalls and dangers, it is tempting to “wrap kids in cotton wool” and keep an eye on them 24/7 in the name of ‘safety’. It’s not uncommon for parents to monitor their kid’s phones, scrutinise their friendships, direct their free time, and control their social lives by keeping them home (or by making them text every 10 minutes when they do go out!) However, when parents are overly controlling, at best that child stays immature and dependent, and at worst they become resentful and rebellious.



Are you raising your child to be independent?... continued



A teenager's brain is hard-wired to test boundaries and take risks. (Don't blame them, blame evolution!) By trial and error they slowly work out who they are, what they like, what they can do, and what their strengths and weaknesses are. As the school counselor, one of the top reasons students drop in for a chat is because they are frustrated with their lack of freedom within their family to discover these things for themselves.

Let's put it into perspective: Remember when your child learned to walk? It took a while and they had to fall down and get back up a lot before they became steady on their feet. No doubt you had to wipe away tears more than a few times, but I bet you never looked at them and thought, "Well, I guess they're just not a walker."

Guess what? Teenagers learn to be independent and productive adults in the same way - by practicing, by falling down and then practicing some more.

I am not suggesting that you let your children loose without boundaries, but I am suggesting that you give them increasing levels of independence as they get older in order to create competent and psychologically healthy and happy adults.

7 Top tips:

1. Choose a calm moment to discuss boundaries. If either you or your child are upset or in a bad mood, it will not go well.
2. Boundaries need to be constantly reevaluated and changed over time to allow for growth and increased independence. (An 11-year-old may not be ready to travel to school alone, but by age 12 they might be.)
3. Let them make choices within a range of reasonable options: "If you want to go to the party I can pick you up at 10pm or you can get the bus with your friends and be home by 9pm."
4. If you think they are making a poor decision, let them find out by doing, not by being told. If it does turn out to be a bad decision, never say, "I told you so!" Instead try, "What could you do differently next time?" or "What do you think went wrong?"
5. Children watch and learn: If you are open and curious about failures, they will learn to be the same; if you get angry and upset over failures, they will learn to do the same.
6. When something goes wrong and they are hurt or upset, be empathetic and give them a hug, but do NOT try to solve their problems for them. By showing that you trust their capacity to learn and grow from mistakes, they will develop more confidence and competence.
7. When *you* make a mistake or lose your temper with them, own it and repair the relationship (when you are calm - see tip one!)

If you need help with your parent/child relationship, or have questions about adolescent development, we have several members of staff on hand to support you. Contact tricia.nearn@southfieldsacademy.com to learn more.

Keep up with the Academy

Make sure you visit our website regularly. To be notified of updates to our website including new stories and new pages, please make sure you download the school news app. to your phone or tablet. Search "School News App" in the Google Play Store or Apple Store and then use our postcode, SW18 5JU, to find us.

You will then be able to click on the 'News' button to view all of the latest news items that have been added to the school(s) you have selected and also all of the upcoming calendar events by clicking on the 'Events' button.



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Free Online Adult Education

The Aim Group is offering adults over the age of 19 **Free** Government-funded online Level 2 Accredited courses (OFSTED, NCFE, CACHE, CQC) on a variety of subjects, including better understanding some key issues around young people's mental health and general wellbeing.

The following subjects are available, along with others you may like:

- **Equality and Diversity** - Introduction to the concept of equality and diversity and the importance of it in our society, community and workplace. BAME (Black, Asian and Minority Ethnic) Groups and BLM (Black Lives Matters) appreciation.
- **Children & Young People's Mental Health** - Exploring mental health and understanding how to support individuals with mental ill-health. Developing skills to form a mentally safe environment.
- **Mental Health First Aid and Advocacy in the Workplace** - Developing fundamental skills and understanding standard procedures for administering mental health first aid. Becoming a certified mental health first aider in your workplace.
- **Understanding Autism** - Learn how individuals process sensory information, understanding characteristics and conditions as well as how speech, language and communication differ in people with Autism.
- **Adverse Childhood Experiences** - Introduction to adverse childhood experiences. Exploring childhood and family structure. Developing strategies to improve outcomes for children affected by adverse childhood experiences.
- **Understanding Specific Learning Difficulties** - Understand characteristics of ADHD, ADD, Dyslexia & Dyscalculia, the importance of early diagnosis, assessment methods available to diagnose learning difficulties.

On average the courses take between **15-35 hours** to complete within a **6-week window** and are completed on a laptop or computer at the learner's home. No Exams or endpoint assessments are involved, the courses are purely Q&A based and are available to you 24/7. **You can do as many as you like**, however, you can just do one at a time.

The only criteria the learner must meet to be eligible is the following..

- Aged 19 or over on or before 31st August 2020
- Have lived in the UK/EU for 3+ years
- Not already on a government-funded course (Apprenticeship for example)

Please be advised to only enrol if genuinely interested. These courses are paid for via government funds in order to allow the public to complete them for free. We must advise that if an individual enrolls on a course, accesses these government funds and makes no attempt whatsoever to complete it, they may be liable for the fee of enrolment. This classifies as a blatant non-effort and a waste of funding. However, if the individual needs extra time (an additional 3/4 weeks for example) and communicates this to the college with a valid reason, extensions will be granted upon request.

If you are interested in undertaking one of these free online wellbeing courses, then please complete the following link below here - <https://bit.ly/3bGA8F5>

This will grant you direct access to these government funds in order to complete your chosen course free and fully funded! After expressing your interest, you will get an email for you to register and choose your selected course and a member of The Aim Group team will call within 48 hours to get your material sent over. The call will come from 0203 900 3091 - Shola.