



Southfields Academy Weekly Newsletter

Week Commencing Monday 14th June 2021



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

Year 10 News – Ms Lindau

The next month will prove very important for Year 10. In two weeks' time, starting the 21st of June, they will have full mock exams in all of their subjects. These exams will include all material taught during Year 10, including all work done during lockdown. We also did a revision carousel in the last week of the term to help introduce them to different techniques. For each subject classroom teachers have provided your students with lists of topics. We have also created spreadsheet on the Google classroom that they can use as a reference.

Over the break, your student was tasked with creating a revision timetable; please ask to see this so that you know what they are working on. For the next two weeks, no student should say that they do not have homework, as all of them have revision in every subject.

These exams will help inform many of the interventions that will happen at the end of this year and going into their final year of GCSEs. Please encourage them to take revision seriously and to put their best efforts in. This will allow us to more accurately identify gaps in their learning. In the following days, the students will receive their individualised timetable. Please ask to see it and discuss next steps with your student.

Finally, during the mock exam weeks, please encourage students to eat well, particularly breakfast, and get plenty of sleep. In addition to consistent revision, both are essential for strong performances.



Anna Freud National Centre for Children and Families

The Anna Freud Centre has prepared excellent resources for self-care over the summer holidays to help children, young people and their parents/carers.

Since the lockdown started back in March 2020, the impact on mental health and wellbeing for all has been significant. Vulnerable children and young people need all the help they can get to come back to education in September with a sense of wellbeing. This resource is easily accessible and there is a crisis contact line families can use.

<https://www.annafreud.org/insights/news/2020/07/selfcaresummer-packs-for-primary-and-secondary-schools/>

Reasons to Drink Water at School

Please can all parents, carers and students be aware of the need to drink sufficient water at school when the weather is hot. Having been at home at this time last year many students have forgotten how hot the school environment can be when wearing a uniform and this is causing some of them to become ill.

When dehydration begins to set in, everything slows down. Neither the mind nor body can function as well as they should. This far-from-ideal state affects everything from mood, academic results and sporting performance. Typically, dehydration causes a student to:

- Struggle to concentrate in class and after-school clubs
- Have difficulty thinking clearly
- Suffer from headaches
- Be inclined to crankiness, temper tantrums, or weepiness
- Can cause fainting.

If students are unable to bring water to the Academy there are plenty of water fountains available around the grounds and bottled water is available to buy in the canteen.



Thought for the Week

"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." —Princess Diana.



**NATIONAL SCHOOL
SPORT WEEK 2021**
Together Again

**1 week
to go**



#NSSW2021

Dear Parent/Carer,

How do you fancy organising some fun sporting activities this summer?

National School Sport Week is back!

This year the theme is Together Again to celebrate the lifting of restrictions and a return to some kind of normality after an extremely difficult year.

Taking place from 19-25 June, the week will give families, communities, schools and sports clubs the opportunity to get active and put on some events that everyone can take part in. The Youth Sport Trust has created some fantastic easy to follow resources, full of ideas for activities that you can do to bring the people around you closer together.

How do you find out more?

Registering couldn't be simpler. Just go to the National School Sport Week section of their website and click on the link to register as a parent. Simply fill in your details and off you go...

So, what are you waiting for?

Join the growing number of people who will be celebrating getting Together Again that week.

<https://www.youthsporttrust.org/join-us/national-school-sport-week>

GIRLS Panthers OPEN SESSION

BALHAM FC

@balhampanthers for updates

8 JUNE - 13 JULY

EVERY TUESDAY EVENING

@TOOTING BEC COMMON. NR ELMBOURNE ROAD

Current school years

5, 6, 7, 8, 9, 10

6pm - 7:15pm

Register at:

bit.ly/BFCPanthers

Or email

girlsfootball@balhamfc.com

Having started a Girls Section at Balham FC in 2017/18, which has gone extremely well to date, we are hoping to go into next season with 5 teams playing in the Surrey County Women and Girls League.

We are looking for players to start a new under 12 team, in addition to looking for talented new players to strengthen our existing teams as they move up to under 13's, 14's, 15's and 16's.



Are you passing your anxiety onto your kids? – Ms Nearn



Anxiety is a part of life, particularly in this pandemic age! How we handle our worries as parents can have a profound effect on our kids. Our children look to us for information about the world - when we are overly anxious and fearful, they learn that it is not safe. As writer Peggy O'Mara said, *"The way we talk to our children becomes their inner voice."*

No parent wants to transmit their own stress and worry onto their child, but sometimes it happens despite their best intentions because we can't simply turn it off. While we don't want our kids to witness every stressful moment we experience, we don't have to suppress our emotions either. There is a balance to be struck.

It's okay—and even healthy—for children to see their parents cope with stress or even be overwhelmed with emotion, but afterward it's important to explain why you reacted the way that you did. When you can model bringing yourself back to a calm, balanced state, they can learn to do the same; As you become more resilient, your kids learn to tolerate stress in healthy ways.

Top tips:

1. 'Name it to tame it.' Simply naming and observing your anxieties or fears means they can inform you rather than overwhelm you.
2. Remember that emotions move through us, like the weather. Good feelings don't last forever, and neither do the bad ones. Fighting negative emotions is as unhelpful as fighting the rain - all we can do is let them pass.
3. Remind yourself that anxiety is not always rational - check whether your feelings are true or exaggerated
4. Get out of your head and into your body - breathe mindfully, feel your feet on the ground, release the tension from your muscles.
5. Remind yourself that you are stronger than you think and that you've faced your fears and survived them before.
6. Remember that anxiety is normal. It tells us that it's time to use our coping strategies.

Mindfulness practices such as meditation, breathing exercises, yoga, Tai Chi, Qigong, etc. are excellent for managing anxiety (and there are endless free videos and apps available for all of them!) Cognitive Behavioural Therapy is another effective tool, which is available on the NHS. Ask your GP for a referral if you need help.

Dates for Your Diary

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
Tuesday 6th July 2021 – KS3 Extended Project Symposium
Wednesday 21st July 2021 – Achievement Assemblies
Monday 26th July 2021 – Summer Holidays Commence.