



Southfields Academy Weekly Newsletter

Week Commencing Monday 21st June 2021



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

Year 11 News – Ms Marshall

Year 11 preparation for KS5

Many students are working from home, remotely, engaging with the material posted in the 'Preparation for KS5' Google Classrooms. These resources, activities and reading material support students with their transitions to the Post 16 courses they have selected to follow in our 6th Form.

Year 11 well-being activity and celebrations!

As a way of marking the end of Year 11, a number of event days are being organised. There will be a picnic and games event, for Year 11 students only, at Wimbledon Park. It will be a sociable afternoon with softball, volleyball, football and a few other activities that students can participate in.

On 29th June there will be an event day consisting of a carousel of careers activities followed by an outdoor ceremony and celebration. We recognise that many students have missed out on careers-focused activities due to COVID (e.g. cancellation of Year 10 work experience, and other work-related learning opportunities in school), and so the hope is that these workshops will go some way to providing some useful information.

The end of year ceremony will follow the workshops: achievement folders, special awards, light-hearted awards, distribution of leavers' hoodies and a bbq... and live music courtesy of the music department!

Southfields Academy is proud to announce we have a new published writer – Leona Cole – Ms Reynolds

This week has been an extra fun and exciting one for the English Department!

Leona Cole's poem has been published by Young Writers.

Her fantastic competition entry can be found in the Unsolved: Caught Red-Handed anthology in school libraries across England!

As well as using her wonderful creative skills to write inspiring stories and poetry, she has also been working closely with her English and French teachers to develop her functional writing further.

This entrepreneur has a product she hopes to rival Chanel and L'occitane, and to make her dream a reality, she aspires to be fluent in different languages to build her confidence when promoting her brand across the world.

Watch this space!



Book Donations

The English Department is also happy to announce that Polly Pattullo, a British former journalist, who is now the co-founder of Papillote Press (a small publishing house based in Dominica and in London) has donated boxes of novels to Southfields Academy! Her friend- our very own Judy Douglas, Head of Year 9- was kind enough to collect the books this week.

The titles received are written by Caribbean authors and we look forward to exploring these texts with our students!





Thought for the Week

"A kind gesture can reach a wound that only compassion can heal."
—Steve Maraboli.



Could your child have an eating disorder? – Ms Nearn

"I cannot stress this enough - eating disorders do not have a look." --Nyla Booras

One symptom of the pandemic that you may not have heard about is a huge rise in eating disorders amongst young people in the UK. An eating disorder is not just about trying to lose a bit of weight - it is a complex mental health issue that can quickly take over one's life. Although they are most common amongst teenage girls, anyone can develop an eating disorder regardless of age or gender.

People go to great lengths to disguise their unhealthy eating patterns, but if your child is obsessed with their appearance, weight, or body shape to the point where they control or restrict their food intake, or exercise fanatically - pay attention. Unhealthy behaviours such as these can cause all manner of long-term psychological and physical problems. They can even be fatal.

Common eating disorders include:

- **Anorexia** - Severe food restriction to complete starvation and/or 'purging' behaviours such as vomiting after eating, taking laxatives, or over-exercising. Anorexics have a distorted body image (body dysmorphia), believing they are fat when they are not.
- **Bulimia** - Eating a lot of food in one sitting (bingeing) and then vomiting, taking laxatives or exercise excessively to get rid of the calories consumed (purging).
- **Binge Eating Disorder (BED)** - Like bulimia (binge eating) but without the purging behaviours.

If you've noticed a change in your child's eating habits it's worth keeping an eye on the situation even if it's only been a few weeks. However, if it's been three months or more you need to act.

Here are some signs and symptoms to watch out for:

- Being preoccupied with weight, food, calories, fat grams, and dieting, or developing strange rituals around eating such as cutting food into tiny bites or excessive chewing.
- Dramatic weight loss
- Lying about how much or when they have eaten, or how much they weigh
- Eating a lot of food very fast
- Going to the bathroom a lot after eating
- Excessively or obsessively exercising
- Avoiding eating with others and withdrawing from friends or activities
- Wearing loose or baggy clothes to hide their weight loss
- Difficulty concentrating, dizziness, or sleep problems
- For girls, stopping menstruation (due to weight loss)

If you think your child has an eating disorder, talk to them and take them seriously, even if you don't understand why. (Chances are, they don't either.) Seeking professional help is **essential** - talk to your doctor. In the meantime, stop mentioning diet, body shape or weight - either yours, theirs, or others - and don't talk about food. Begin sentences with "I" instead of "you" (i.e., "I'm worried because you don't seem happy.") and don't take it personally if they don't open up right away - secrecy can play a big role in eating disorders.

[Beat Eating Disorders](#) is a UK charity with lots of practical guidance (including a useful helpline and online support), and the Priory group has a handy digital [guide](#) for parents/carers.



Jack Petchey Award – Ms Gbolonya



The Jack Petchey Award is an award that recognises students' achievements, progress, contribution to the community and demonstrating outstanding effort.

Eighteen Year 7 students were nominated for the award and during the last week Year 7 students have been voting for who they believe deserves to win this award.

It is my great pleasure to announce that the Year 7 Winner of the Jack Petchey Award goes to Nyran Mathurin 7STE. Nyran has been described as hard working by his teachers and a team player by his peers.

Nyran was presented with a framed certificate from Ms Marshall and will be awarded £250 to spend within school.

Nyran will also be invited to the annual Wandsworth Achievement Winners' celebration later on in the year.

Well done Nyran!



Cardiac Risk in the Young

Following recent events, the importance of heart health is once again in the news. Shockingly, 12 young people die each week in the UK of undiagnosed heart conditions. The charity, Cardiac Risk in the Young, works to reduce this incidence of young sudden cardiac death and offers free screening for young people aged 14-35. Appointments are available regularly at St. George's hospital but do get booked up quickly. If you would like your child screened, please register your interest by following this link <https://www.testmyheart.org.uk/> and complete the interest email form under the list of hospitals.



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.

Mindfulness – Ms Ramirez

Nancy Ramirez, our Academy Welfare Officer has been working with students and staff on site and we wanted to share some more of her mindfulness tips with you.

For students:

<https://drive.google.com/file/d/14wnkj8pwYCUPJL4mgFsexp-1dfR2fZIEH/view?usp=sharing>

For parents:

<https://drive.google.com/file/d/1JKNloQYgBcq701dh7-2ROZgU--WiO-nk/view?usp=sharing>



The Year 9 Tara Young Creatives project - Ms Risolino



I would like to celebrate the following students for their incredible commitment over the past three months in creating, devising, shaping and performing their very own professional piece of theatre:

Madia Amiri Anika Long Ching Wiktoria Dadok Miriam Meite Alexander Price
Willow Baker Summer-Rose Deleslie Blu Halley-Hutson Celeste Minkwe-Jore
 Nevaeh Taylor Ajla Vukalic

The Tara Young Creatives Project has been an exceptional learning experience for the students. From start to finish the workshops, led on Zoom, were fun, engaging, thought provoking, creative and modelled the creative writing and performance process for the young people involved. The students were fearless with their contributions, taking risks with their work by sharing what is most important to them, including personal experiences.

The workshops were thoroughly planned by the workshop facilitators and structured so well that they managed to draw ideas and contributions from the students. Each week I was astounded at the attendance to these workshops and how prepared the students were, writing monologues, creating lego animations, painting, the list goes on. When we all met in person at the theatre during the half term, I could not believe how Guleraana, the playwright and Natasha, the director had used every bit of the students' work, ideas and contributions from the 10 weeks' worth of Zoom sessions to structure a performance piece that had the students' voices at the heart of every scene. Their ideas have been valued and used, it was very much their show.

The impact has been seen through their confidence, which has grown over the last three months and been demonstrated in their drama lessons. They have become leaders in their class as they have the confidence to make suggestions as a result of the experience with Tara Theatre.

At the heart of this project was recognising how disruptive the pandemic had been on these children's lives and their thoughts and feelings around what they had experienced. The students have been listened to. This is invaluable for young people to know, to know that they matter and their thoughts and ideas on how the world should be.

The amount of additional rehearsals at weekends, after school, during school holidays and late into the evening has been a huge commitment. I want to say thank you to these students for being the perfect ambassadors for the academy.



