



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 13<sup>th</sup> September 2021



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

### Thoughts on Please and Thank You – Ms Nearn

As parents, there's one word you probably say a hundred times a day: 'Please.'

"Please put your shoes on!"

"Please don't hit your brother!"

"Please clean your room."

"Please don't leave your shoes there."

Ad nauseam.

Please, as a word, is a request. It politely asks for us to DO something. It is a pleading word, and in some ways, a weak word. It is also fair to say that it goes in one ear and out the other with many children.

Please does not always inspire compliance, but there is an alternative: 'Thank you.'

'Thank you' is a complete sentence; it is a statement of appreciation. 'Thank you' implies that our request is really not a request at all - it is an expectation. It shows that we trust and expect our kids to do the right thing. It instantly shifts the tone from a negative to a positive.

"Thank you for putting your shoes on."

"Thank you for being kind to your brother."

"Thank you for cleaning your room."

"Thank you for putting your shoes away."

'Please' puts the power in the child's court; it gives them a choice to do or not do something. But 'thank you' says to a child, "I know you will do the right thing and I thank you in advance for doing it." This is a subtle but powerful twist.

Substituting 'please' for 'thank you' is not only a simple language trick, it fits beautifully with Southfields Academy's new kindness-based, no-detention, restorative behaviour policy. We'll be experimenting with using it ourselves!

Try replacing 'please' with 'thank you' for a week or two and see how your child reacts. I'd love to hear how you get on, so ~~please report back with the results~~ thank you for reporting back with your results!

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### Good behaviour – Ms Ancilotto

I would like to give a shout-out to all the Academy's students who normally take the 156 bus to and from school. I have been very impressed lately by their good behaviour and polite manners towards other passengers. Well done!

### Dates for Your Diary

Tuesday 14<sup>th</sup> September 2021 – Open Morning  
Wednesday 15<sup>th</sup> September 2021 – Open Morning  
Thursday 16<sup>th</sup> September 2021 – Open Morning  
Tuesday 21<sup>st</sup> September 2021 – Open Morning  
Wednesday 22<sup>nd</sup> September 2021 – Open Morning  
Thursday 23<sup>rd</sup> September 2021 – Open Morning



## Thought for the Week

“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.” ~ **Carl Bard**

### Virtual Panathlon has “raised the profile of inclusive sport” – Mr Miller

Panathlon’s Virtual Programme has “raised the profile of inclusive sport” across London schools, according to Youth Sport Trust Inclusion Lead Nick Miller.

As well as his role for the YST covering central London, Nick is School Games Organiser for the borough of Wandsworth and advises the London Youth Games on inclusive practice. He is based at Southfields Academy in south-west London.

Nick has promoted Panathlon widely across schools in central London and Wandsworth in recent years, but Panathlon’s in-school activities have enabled even more SEND pupils to experience sporting competition during the pandemic (ironically, when access to sport has been curtailed for mainstream pupils).

“Panathlon already had a great reputation in our schools and it was fantastic that I had videos and easy-to-use instructions to distribute to them and get SEND sport going again in school and at home pretty much as soon as lockdown started,” says Nick.

“Teachers were floundering around trying to find resources at such a fraught and difficult time. Because Virtual Panathlon was so immediate and simple to deliver, we could get it out to schools really quickly. The format was really, really helpful and we knew they would understand and appreciate it.”

Mainstream and special schools utilised the Parallel PE resources to get pupils active and engaged, both those isolating at home and key workers’ or vulnerable children who remained in school.

Because Panathlon activities are now taking place on school grounds with larger numbers able to take part than in external competitions, inclusive sport has become much more visible to mainstream pupils. It is sparking their interest and raising the prestige of the SEN pupils taking part.

Nick explains: “That is one of the things I’ve been keen to do – promote inclusive sport not just to the students who needs it, but raise its profile far beyond that SEN cohort.

“When we’ve had kids taking part in Panathlon’s in-school multi-sports, ten-pin bowling and girls’ football activities, they get a certificate and medals and it blows them away. The other kids are envious! “

With Nick’s support, Panathlon have delivered a plethora of activity across London since the start of the pandemic.







## Summer Term Sports Day – Ms Clark



During the last week of last term, Southfields PE department put on a magnificent sports day with Year 7-10 all taking part in a range of team, individual and athletic activities.

It was lovely to see the whole school come together as a community to celebrate and take part in such an enjoyable day. It was wonderful to see the students demonstrate the skills learned over the year and show great communication, teamwork and resilience towards their peers.

The PE department cannot wait to start planning for next year, making it an even bigger and better experience for all the students.

A massive thank you to all the staff who were involved and gave out certificates and medals to the students on the day.

Special thank you goes to the DT department and Mr Smith for building us a wonderful podium for the students, at such short notice, it really made a difference.

With thanks for The PE TEAM





