



Southfields Academy Weekly Newsletter

Week Commencing Monday 20th September 2021



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

Year 7 News – Mr Samuels

Wow! What a start to the year it has been!

The Year 7s have really hit the ground running and Ms Stearn and I are so proud of how they have started!

There have been over 650 positive entries so far from a range of categories including kindness, excellent work, maturity and effort. On my travels around the school, I have seen students focused in lessons, eager to learn and engaged with the fun and exciting activities put on by their subject teachers.

We are both also extremely happy with the quality of the summer homework we have received; students have built models of classrooms, photographed their journey to school to display to others and written brilliant letters to local councillors and even the Prime Minister.

Check out the picture of a full sized 3-D model of the ideal classroom from Tyler Lucas in 7BZI! Also, see the link to the 'Journey to School story' by Samuel in 7 MMA – definitely worth a read.

<https://drive.google.com/file/d/1KBHI4Uqy51OkKrAqb1NeSMt7F2eA7bFg/view?usp=sharing>

Overall, the Year 7s have adapted to life at the Academy very well and we see great potential in this year group!



Our new Year 7s, looking smart in their new uniforms!





Thought for the Week

"Failure is the opportunity to begin again more intelligently." – Henry Ford





The Art of Mindful Listening - Nancy Ramirez AEWO, and Mindfulness Teacher

Having a strong connection with your child can help take the edge of transitions such as moving from primary to secondary, or joining a sixth form. Mindful listening is a great tool to build that connection.

Mindful listening (similar to reflective listening) requires all your attention so that the speaker (in this case, your child) feels, heard, understood and connected. This approach focuses on using verbal and non-verbal cues, staying in the present moment and, the hardest of all, avoiding judgments and NOT offering advice!

Why is it important to listen to your child mindfully? Simple: every child wants to feel understood. In fact, nothing frustrates children more than not having a chance to say what they want to say or feeling that we have not listened! It also helps them learn to express themselves clearly and accurately, which helps them become better communicators.

There are several key ingredients to being a mindful listener:

Attention - giving your child your FULL attention, (this means not scrolling through messages, cooking dinner, or multi-tasking.)

Empathy - connecting with the feelings/emotions that your child is experiencing or expressing.

Mirroring - using some of the exact words that your child is using so that he/she knows that you are paying attention.

Paraphrasing – putting into your own words what you understand of the situation your child has communicated.

To become a mindful listener, consider these tips:

Get on their level, literally and figuratively - sit or kneel if your child is much smaller than you, and use empathy to feel what they're feeling.

Make a conscious effort to listen – when you feel like interrupting or if your mind starts wandering, gently bring yourself back to listening mode. (Kids aren't the only ones with short attention spans!)

Reflect back - show them you really heard them by repeating or summarizing what they've said.

Start small - you may only be able to listen mindfully for one minute at a time, and that's okay.

Mindful listening is magic for reinforcing positive relationships (because you are not judging, not giving advice, and not lecturing.) It also minimizes misunderstandings. A win-win for parents everywhere! I hope you will try it.

If you would like more tips on how to live more mindfully, watch this space, as I will be guiding you throughout the year one-step at a time. :)



EXTRA CURRICULAR / STUDY SUPPORT – Autumn Term 2021



Day	Subject	Support/activity	Venue	Teacher	Year information
Monday	PE	Girls' swimming (first 20)	Pool	Ms Nilsson	Years 7 & 8 Girls
	PE	Volleyball	Sports Hall	Mr Boyce	Years 7 & 8
	PE	Dodgeball	Activity Studio	Ms Lenton	Years 7 & 8
	PE	Tchoukball	Courts	Ms Clark	Years 9 & 10
	PE	Badminton	Aspire Hall	Mr Philpott	Years 9 & 10
	PE	Gym	Fitness Suite	Mr Haines	Years 12 & 13
Tuesday	PE	Basketball	Sports Hall	Mr Cameron	Years 9 & 10
	PE	Football	Astro	Mr Boyce	Years 9 & 10
	PE	Netball	Aspire Hall	Ms Clark	Years 9 & 10
	PE	GCSE Booster	D080	Mr Sia	Year 11 GCSE students
	4.00 – 4.45	Basketball	Sports Hall	Mr Cameron	Year 11
	PE	Football	Astro	Mr Philpott	Year 11
	ADT	Cooking Club (sign-up sheet)	B033	Ms Ancelotti	KS 3 Students
	Dance	Performances and productions	Dance Studio	Ms Risolino	All Years
	English	Debate Club	D286	Ms Anderson	Years 8 & 9 (Break 2)
	History	Warhammer	A122	Mr Hillman	Years 8 and above
	Maths	Chess club	A222	Mr Spencer	All Years
	Science	Science Club	A304 Labs	Mr Bhatti	Years 7 & 8 (Break 1)
Wednesday	PE	Boys' swimming (first 20)	Pool	Mr Boyce	Years 7 & 8
	PE	Basketball	Sports Hall	Mr Cameron	Years 7 & 8
	PE	Girls' Football	Astro	Ms Clark	All Years
	PE	Pickleball (first 25)	Aspire Hall	Ms Nearn	All Years
	PE	CTEC Booster	D080	Ms Nilsson	CTEC students
	4.00-4.45	Badminton	Aspire Hall	Mr Sia	Year 11
	ADT	Pottery Club (sign-up sheet)	B155	Mr Reiss	KS 3 Students
	Music	Year 7 guitar and band work	B138	Mr Gumble	Year 7 students
Thursday	PE	Netball	Courts/Aspire	Ms Lenton	Years 7 & 8
	PE	Football	Astro	Sia/Philpott	Year 7 & 8
	ADT	3D Drawing Club	B047	Mr Smith	Years 8 & 9
	MFL	Languages Homework Club	C278	Ms Terrington	KS 3 students
	PSHE	Mindfulness	D389	Ms Molloy	Years 7,8,9 & 10
Friday	ADT	Upcycling club	B036	Ms Jaffer	KS 3 students
	Humanities	Film Club	A1222	Mr Bradbury	All Years
	Urdu	GCSE & A Level revision	A118	Mr Danish	GCSE & A Level students

The Library is Open Mon-Fri. 7.30 – 3.30pm.

Dance Club is on every Wednesday and Friday at break 2.

International Group Homework club – every day at 2.40pm (except Wednesday) – teacher directed.

HIU Homework support – HIU department – every day, break 1

Sociology – Individual drop in and break time revision sessions when required – Years 12 & 13.

Careers advice drop-in on Wednesday, 3-4pm D381.

No students should be on site unsupervised.

Dates for Your Diary

Tuesday 21st September 2021 – Open Morning
 Wednesday 22nd September 2021 – Open Morning
 Thursday 23rd September 2021 – Open Morning
 Tuesday 28th September 2021 – Open Morning
 Wednesday 29th September 2021 – Open Morning
 Wednesday 29th September 2021 – Enrichment Fayre
 Thursday 30th September 2021 – Open morning
 Thursday 30th September 2021 – Year 7 Meet the Tutor Evening



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