



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 27<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.

### Year 8 News – Ms Gbolonyo Welcome Back Year 8s!

Ms Boothe and I would like to take this opportunity to welcome Year 8 students back to Southfields. It is so wonderful to see year 8 students engaging in lessons and taking part in several afterschool clubs and activities.

At the end of last academic year, there was so much to celebrate in our achievement assembly. An enormous amount of prizes and certificates were given out from all subjects for students' attainment, effort and homework, as well as recognition of students' 100% attendance throughout the year.

Year 8 have some talented individuals! The drama performances and musical performances were phenomenal. I am already looking forward to this term's celebration!



### Dates for Your Diary

Tuesday 28<sup>th</sup> September 2021 – Open Morning

Wednesday 29<sup>th</sup> September 2021 – Open Morning

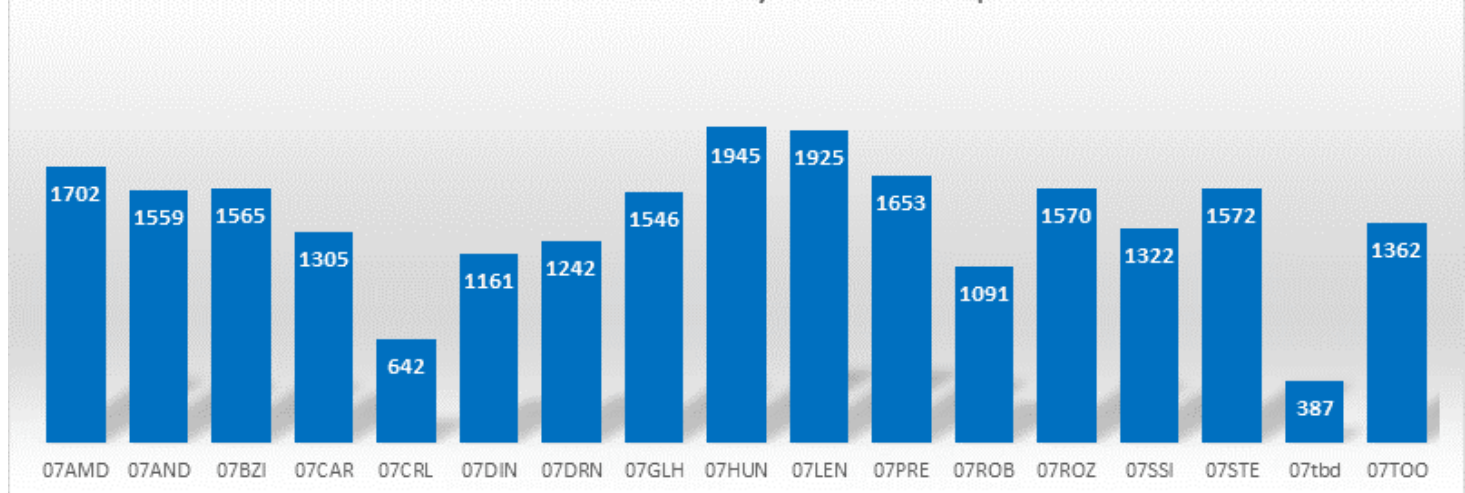
Wednesday 29<sup>th</sup> September 2021 – Enrichment Fayre

Thursday 30<sup>th</sup> September 2021 – Open morning

Tuesday 28<sup>th</sup> September 2021 – Year 7 Meet the Tutor Evening



## Total Positives by Tutor Group

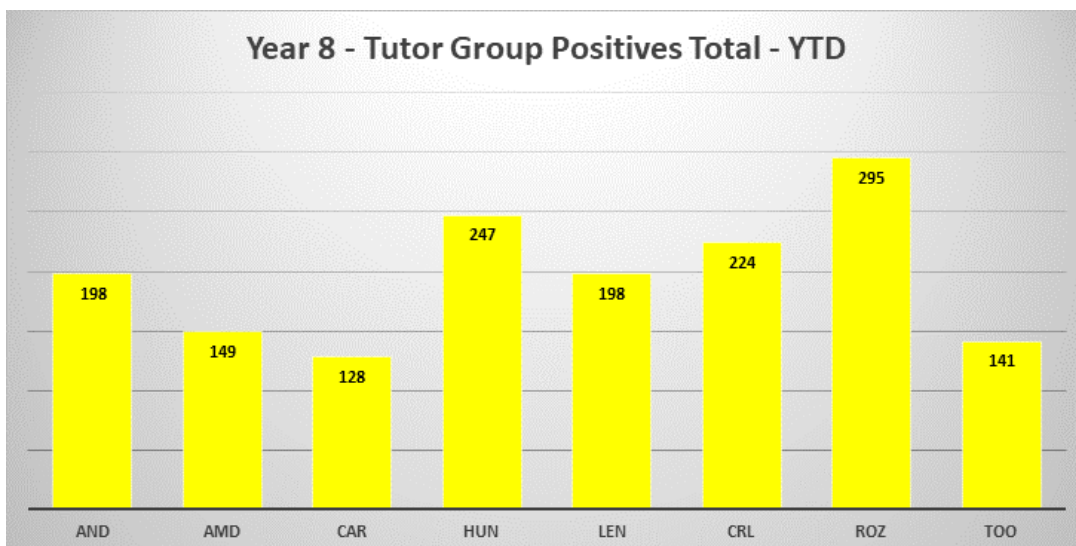


Well done 7HUN who had the highest positive points last academic year with 1945 points.

Well-done 7AMD had the highest attendance throughout year 7 with 97.07% attendance!

So far, there has been 1580 positives entries given to students for reasons such as excellent effort, excellent homework, kindness, communication. What a fantastic start year 8!

Which tutor group will win this year?



**Year 8 Motto- Work Hard and Be Kind!**

We would like to celebrate the first group of top 10 students in year 8 that have received the most positives for demonstrating excellent effort, communication and kindness. Well done!

Last Name	First Name	Tutor Group	Total Events
CARVALHO	Rodrigo	08ROZ	8
MILLER	Lily	08CRL	8
SHAIKH	Sidra Tul Muntha	08ROZ	8
BAMBA	Issa	08CRL	7
GODINHO	Ana Clara	08TOO	7
TYNDALE	Stephen	08ROZ	7
ABBI	Sidra	08AMD	6
CHARRION	Cheyenne	08ROZ	6
GORDON	Feleasior	08ROZ	6
HOPE	Ascharnie	08ROZ	6

Finally, well done to all the students who submitted their holiday homework task to their teachers! A special shout out goes to Krystal in 8HUN for her resilience in completing her homework tasks!





## Thought for the Week

"I discovered that a fresh start is a process. A fresh start is a journey – a journey that requires a plan." – Vivian Jokotade

## Excellent Work in PE – Ms Clark

Angelina Gil in 09MSH has produced an amazing and insightful piece of holiday homework for PE. The attention to detail is excellent. The work is extremely well written and the PE department are so impressed with all the physical activity she has done over the summer. Keep up the good work.

Please follow the link to read:

<https://drive.google.com/file/d/1trmdChjo--gsuy2RDkrrCy6O1hJQXjAf/view?usp=sharing>

## Supporting Your Child's Mental and Emotional Wellbeing – Ms Nearn

Mental health and physical health are like two sides of the same coin - that's why we take emotional and mental wellbeing seriously at Southfields Academy. In order to provide the education children deserve, we consider the whole child with the understanding that a student who is struggling emotionally cannot learn.

Our aim is to help children develop the protective factors which build resilience and promote good mental health. What does good mental health look like?

- The ability to learn
- The ability to feel and express a range of positive and negative emotions
- The ability to form and maintain good relationships
- The ability to cope with and manage change and uncertainty

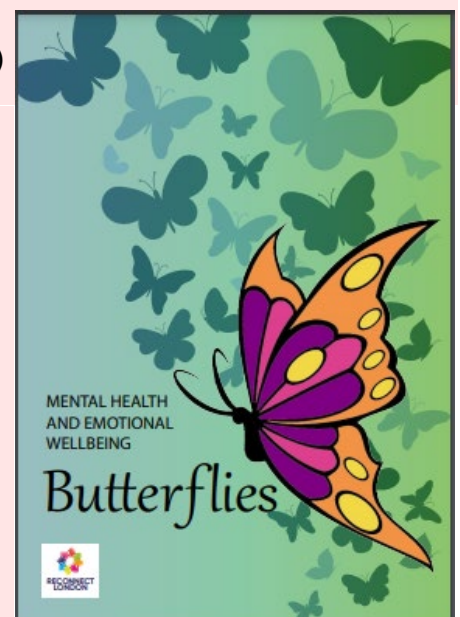
Promoting good mental and emotional wellbeing is truly a group effort, with our pastoral ethos embedded throughout the school. And although students are encouraged to speak to *any* adult they like and trust, we also have multiple members of staff with special skills for supporting children, including those with counselling backgrounds, mindfulness, and cognitive coaching. In addition, our mental health lead has her door open every day for break-time drop-in support.

Sometimes students request or require more structured help. In these instances, we have a range of visiting professional to help:

- Counsellors from **Catch-22** (six session talking-therapy model)
- **Education Wellbeing Practitioners/EWPs** (guided self-help and cognitive behavioural therapy, part of the NHS-funded Trailblazer team for mental health)
- **Free2B** (bi-monthly, drop-in support for LGBTQ+ students and allies)

Often, when a student is struggling, families need guidance or support as well. Our parent/carer liaison and on-site social worker are here for that purpose. Also, during lockdown we were inspired to produce a digital booklet full of information and resources concerning supporting and promoting good mental health for us all. You can view or download a copy on our [website](#) or via this [link](#).

If you would like more information regarding support for your child or yourself, please contact your child's Head-of-Year, Tutor or our DSL for Mental Health, Tricia Nearn. ([tricia.nearn@southfieldsacademy.com](mailto:tricia.nearn@southfieldsacademy.com))







## National Sports Day – Mr Sia



On Wednesday, The PE Department embraced National Fitness Day 2021 with a number of events staged around school. The day is a chance to highlight the role physical activity plays, helping us raise awareness of its importance in helping us lead healthier lifestyles through physical activity.

All departments were encouraged to lead 1 minute of exercise with each of their classes before the start of their lesson. As well as this, the PE Department were on hand during both break times, leading a 1 minute time trial on our spin bikes. Even a number of staff took on the challenge.

Well done to all involved.

