



Southfields Academy Weekly Newsletter

Week Commencing Monday 25th October 2021



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

6th Form News and Careers Fair – Ms Minto

As we approach the end of the half term it is important to acknowledge the transition the students have made to Sixth Form, especially those that were educated elsewhere last year.

The students have done a good job of settling in and this was confirmed by the teachers and the data we received from the Induction Checkpoint (report is available on MCAS). We are also proud of the way students have begun to look at their future and take up opportunities that will provide them with the experience they need in the world of work/university.

Many of the students have volunteered to support with Open Morning/Evenings and even support the younger students at break time. They are seeing the value in helping their peers and are able to add this to their CV and ultimately their personal Statements.

Now we must focus on getting students ready for November as they will be sitting exams (GCSE and Vocational Mocks) – these exams will be the first opportunity for students to experience the normal exam process. The Assistant Head teacher has gone through the changes to exam regulations and ensured students know where they have to be and when, so please use this time to support your son/daughter and urge them to speak to their teachers if they need support.

On Tuesday 19th October, the Academy held a careers fair that was attended by around 30 different apprenticeship employers, universities and training providers all ready to chat to our students and show them what is available. All Year groups from Year 10 to Year 13 had the opportunity to attend the fair and we would like to thank everyone who gave up their time to provide information and chat to the students, making the day such a success.





Thought for the Week

“Each day is a new beginning, the chance to do with it what should be done and not to be seen as simply another day to put in time.” – Catherine Pulsifer



Hegarty Maths Leaderboard – Mr Spencer

Hegarty maths is an online platform for all year groups to help students learn, practice and revise maths; Each topic is broken into tiny pieces with a video and a quiz to test their understanding. Topics range from simply learning times tables all the way through to grade 9 topics at GCSE. There is something for everyone!



	Total Questions Answered
Whole school	41,053

Autumn 1 2021-22 Leaderboard

First Name	Surname	Questions Answered
Bashar	Alr Shedat Abazed	1108
Jazib	Ahmad	445
Shafiun	Islam	384
Khalid	Arif	376
Thomas	Kiener	373
Nathanem	Yared	369
Muhamad	Al Chahad	346
Tohme	Sabra	317
Seynabou	Sylla	311
Muslimyar	Khan	309

hegartymaths

Fishing and Phishing – Mr Shillingford

Do you know the difference between Fishing and Phishing? If your child is in Year 7, 8 or 9 they should be able to tell you what it is, and how to spot signs of phishing. As part of Cyber Security Month we would like to point families in the right direction for guidance to protect their home from cyber crimes.

Phishing attacks come in many forms, and they are becoming more and more complex. Click [here](#) to learn about how to protect yourself from one of the most common cyber scams.

Sporting Success – Ms Clark

There has been loads of great sporting success in the PE department this half term. Please follow the link to share our achievements:

<https://drive.google.com/file/d/15JJ4P0WF2HZRKKQZQqUpypzR07VAq9um/view?usp=sharing>

Dates for Your Diary

Monday 1st November 2021 – Academy Resumes
 Friday 5th November 2021 – Extended Project Day 1
 Monday 8th November 2021 – Year 9 Options Week
 Wednesday 10th November 2021 – Year 7 Languages Evening
 Thursday 11th November 2021 – Remembrance Day
 Thursday 11th November 2021 – Year 9 Options Fayre



Enrichment Fayre – Mr Whitfield



On Tuesday 19th October our Year 7 and 8 students arrived upon the extravaganza that was the 2021 Enrichment Fayre!

The young intrepid explorers scoured the array of interactive and exciting stalls that promoted extra-curricular clubs, highlighted transferable skills and uncovered the many career opportunities and pathways that the students could embark upon.

Whilst searching for information for each stall, in order to complete the knowledge hunt competition, many a passion was alighted.

Amongst our subject stalls were some external visitors, including careers experts from the DWP and student ambassadors from Roehampton University.

One visitor commented on how surprised they were that our students were so aspiration and future focused at such a young age! Of course, we weren't surprised... we all know how incredible our young people are!





Friendship Wobbles – Ms Ramirez



Friendship Wobbles - How to Support Your Child Mindfully

In every school, at the start of a new school year, a whole team works hard to provide children with the tools they need to take increasing responsibility for themselves, and to give them tools to support their social skills, particularly those needed for transitioning from primary to secondary school. However, even with this support, some students still struggle with friendships.

It takes time for students thrown together in a new year group to complete what is called a 'group process' and form bonds. This process typically goes through four distinct stages: forming, storming, performing, and norming. Knowing what to expect in each stage can give you the confidence to support your child through this sometimes tricky process.

Forming - This is the easiest stage because everyone tends to be nice and polite as they start to get to know each other.

How can you help? Listen, listen, listen. Try not to ask too much, simply listen and show genuine interest in what your child has to say about their new adventures and encounters in school.

Storming – This is the hardest stage where conflicts arise as children try to determine who is 'stronger.' New friendships will be tested, and fall-outs and disagreements will happen as factions dissolve or form. This stage typically occurs around half term.

How can you help? Stay calm and be supportive without trying to rescue them or solve your child's problems. Although it's horrible to see them suffering or in despair, it is very important that adults don't rush to micromanage their relationships. Not only is it unhelpful, but it robs them of the chance to build the social skills that will help them become successful grownups.

Instead, recognize that they are going to have moments of upset and that the most helpful thing you can do is to be there to listen, reflect what they are telling you, and empower them to come up with their own solutions. Say things that show empathy and affirm the belief that they will get through this rough patch.

"What they said was really hurtful - I can see how upset you are."

"I know this is really tough. Nothing in life stays the same for long - this will also pass."

"You are a wonderful kid. I'm sorry that you haven't found friends who appreciate you yet."

Norming - This is the stage where everyone has found their place in the group and finally feels comfortable and settled.

How can you help? Again, simply listen and reflect - without judgment. As your child gets used to spending quality time with you just listening and connecting, the more likely they will be to open up when things are not going well.

Performing - This final stage is where they are ready to work together as a team rather than a collection of individuals.

How can you help? Listen and reflect (are you seeing a pattern here?) and be mindful that if your child's group changes in any way, they will have to go through the whole group process all over again! This is why most schools are reluctant to let pupils change classes, or tutor groups unless it is really necessary.

Working through these four stages can take some children a long time. If you are worried that your son or daughter just isn't thriving in the friendship arena, the best thing you can do is to express your concern to your child's tutor or head-of-year. As well, make sure your child knows where to find support in school. We have a broad pastoral team that includes the deputy-heads-of-year, behaviour support staff, safeguarding leads, the school nurse, and daily drop-in space with our mental health lead. In some cases, we may suggest counselling or cognitive behavioural therapy with our visiting Education Wellbeing Practitioners.

If you need support yourself, or just need to chat things through, please consider reaching out to our Parent/Carer Liaison, Jemma Hughes (jemma.hughes@southfieldsacademy.com).



Southfields Academy

WILDLIFE PHOTOGRAPHER OF THE YEAR

2021



Soon it will be that time of year again when the Science department argues amongst themselves to decide which Year 7 student is the Wildlife Photographer of the Year for 2021. Year 7 students have until 5th November to email their entry to wildlifephoto@southfieldsacademy.com. All you have to do is use a camera or a phone with a camera to take a picture that shows wildlife in the city. The winner will receive a prize.

However, year 7 students may have some competition as I've heard that some staff have asked if they too could enter the competition.

Good luck being wildlife photographers during the half-term.

Mr Bhatti

Fishy Smells in Science – Mr Bhatti

Something smells fishy up in Science and I'm not talking about Mr Norris' fashion sense. Year 9 students are carrying on their investigations into the bio-chemistry of life through looking at the gills of fish. They safely carried out a fish dissection in the laboratory with their teachers, along with the video-guided expertise of Southfield's very own marine biologist, Mr Norris. So it was Mr Norris all along!

