



Southfields Academy Weekly Newsletter

Week Commencing Monday 8th November 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

Year 7 had a fantastic end to the last half term with a fabulous mini-achievement assembly celebrating our students. Awards were handed out for positive categories such as kindness, attendance and punctuality and a few special awards.

This half term has started extremely well too, with students completing a range of activities for UK parliament week! Students have been electing tutor representatives for our year group's student council, creating small manifesto pledges about what they'd like to change in the school and listening to the views of other students in schools around the country.

This has helped our Year 7 students take part in the decision-making process within the academy and begin to think about how they can make positive changes in the school and the local community. This is important for our students as it gives them a sense of ownership of the school they attend and helps further develop staff and student relationships.

Watch this space to see some exciting student council projects our Year 7s will be doing in the near future.

Anti-Bullying Week - Teach your Child to be an “Upstander” – Ms Nearn

This year's Anti-Bullying Week is 15-19 November. In keeping with our autumn-term theme of 'kindness', we'll be talking to students about how to create a school-wide culture that does not allow bullying to thrive.

Bullying is, at its core, a power game. The bully “wins” by having power over another - the power to cause a reaction. When we allow a bully to 'get under our skin' and rile us up, they win. But when we deflect a bully's attention with either indifference or, more powerfully, with kindness, WE win.

Teaching our kids to ignore or disregard unkind words or actions ends the bullying game. No reaction = no fun for a bully. (Think martial arts, where an opponent's energy is not blocked with force, but is either turned against them or allowed to simply flow past.) Here's a great [video](#) from bullying expert Brooks Gibbs on how to win the bullying game using this concept.

A lot of bullying behaviours happen under the radar of school staff making it very hard to control. Therefore, a more effective way of protecting children from bullying is to encourage kids to NOT be passive bystanders. Instead, we can teach them to be UPSTANDERS!

An upstander is someone who helps the person being bullied, whether the incident is in person, online, or in group messaging. This might be by reporting the bullying to an adult, by not spreading gossip, by asking the target if they are okay, or, if it's safe and won't make the situation worse, by standing up for the person being bullied. A school-wide culture of 'upstanding' would end bullying tomorrow!



As part of Anti-Bullying Week, please encourage your child to wear mismatched socks on Friday the 19th - Odd Socks Day! We'll be raising awareness *and* money for the Anti-Bullying Alliance. (A 50p to £1 donation is encouraged.) Why odd socks? Because despite what bullies might think, we are ALL a bit different! No two of us are alike, and that's something to celebrate.



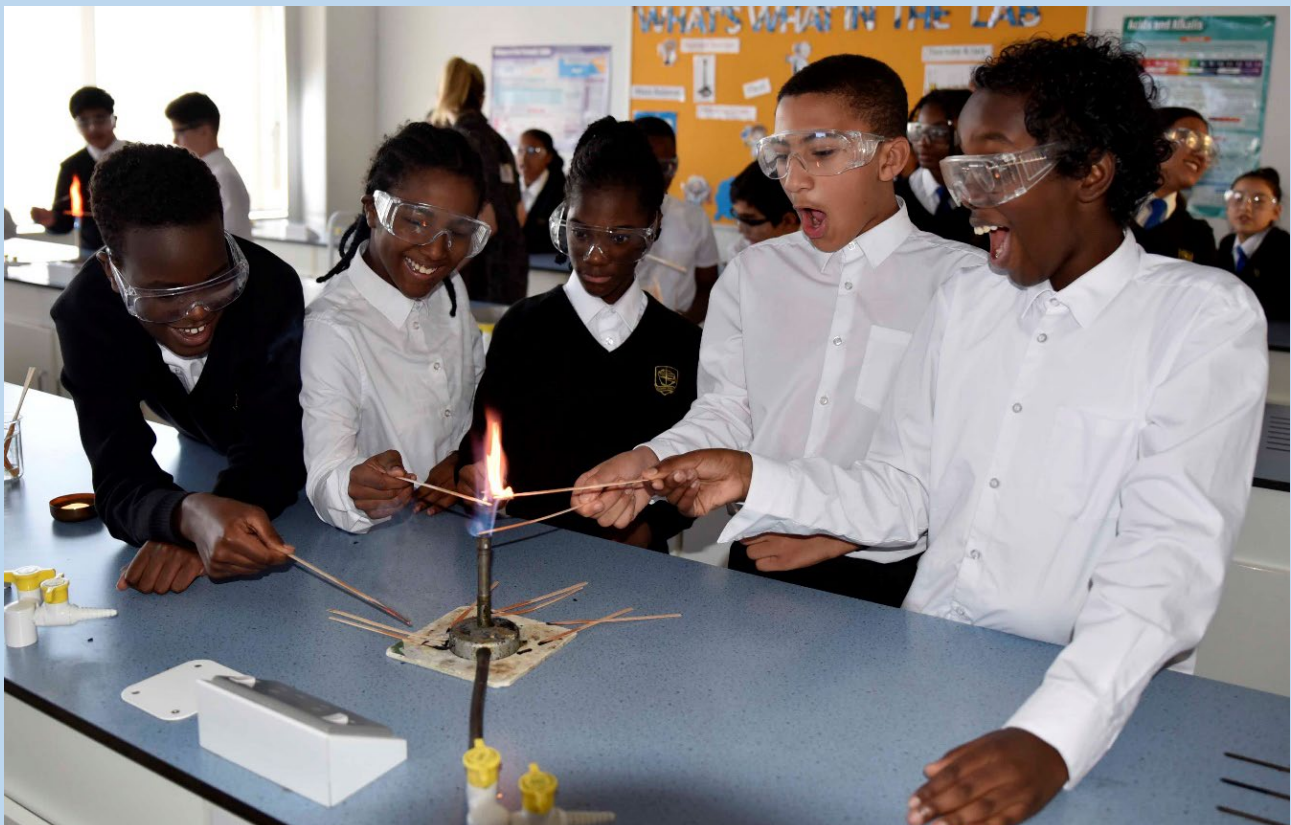
Thought for the Week

“Conflict is not a problem that needs solving but a phenomenon that needs understanding.”
~ Dominic Barter

Science Club – Mr Clarke

Science Club went off with a BANG this week, with students exploring the wonderful world of fireworks. From the intense crimson of lithium to the mysterious lilac of potassium, students gained hands-on experience of how chemists are behind a successful and colourful firework display on bonfire night.

The relaunch of Science Club (get it?) was a resounding success, and will take place every Tuesday, Break 2 from now on.





Parent Support Coffee Morning

(Supporting you to support your child!)



Thursday - 11th November 2021 - 9:00 am-10.00am

Southfields Academy

(entrance through 'The Aspire Centre')

This month we will be talking about:

Friendship Wobbles

- Join us for a hot drink and biscuits.
- Meet other parents going through similar experiences.
- Learn how to best support your child and each other.



At Southfields Academy, we believe in working in partnership with parents, school staff and other professionals to support pupils' resilience and wellbeing.

Your views are important to us!

For more information contact Nancy Ramirez nancy.ramirez@southfieldsacademy.com 020 8875

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Dates for Your Diary

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
Monday 15th November 2021 – Year 12 & 13 Vocational Mock Exams Start
Thursday 18th November 2021 – Prize Evening
Friday 19th November 2021 – Year 12 & 13 Vocational Mock Exams Finish