



Southfields Academy Weekly Newsletter

Week Commencing Monday 31st January 2022



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



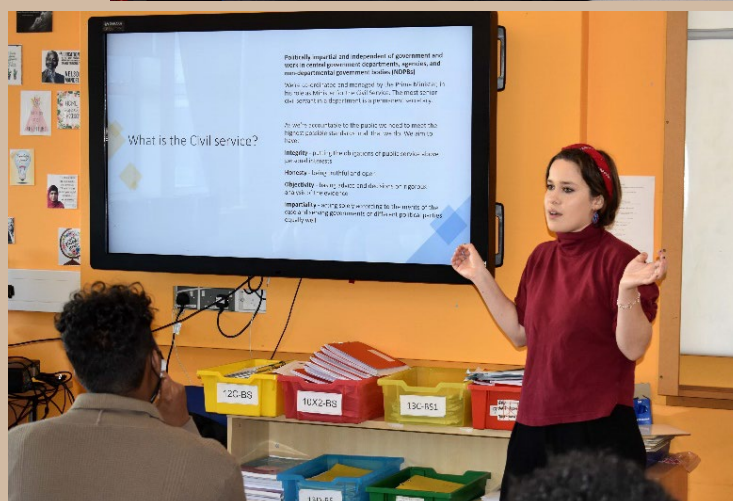
Inspiring Futures – Mr Olumegbon



On Thursday 20th, Southfields Academy was very pleased to welcome a large number of professionals from different industries to give our students an insight into their working environment and career progression.

These professionals held a wide range of workshops that addressed both careers and how they got started in their respective industries. Students were able to choose the ones that suited their interests. For example, there were workshops on different career sectors such as finance, technology, engineering and the Civil Service.

We would like to thank representatives from Sir Robert McAlpine, CJA, VP Electrics, Lloyds Bank PLC, Pantechon, Tideway, Aspire Nursery, BP, Bioanalytics, Rhubarb, and The Civil Service for giving up their time and inspiring our students.





Thought for the Week

“Management is doing things right; leadership is doing the right things.” ~ Peter Drucker



Year 8 News – Ms Gbolonyo & Ms Boothe

This half term the academy theme is Leadership! We are so pleased on how well Year 8s have kick-started 2022!

Year 8 Prefects

Congratulations to the following Year 8 prefects:



Codi 8AMD, Tavis 8AND, Ryan 8CAR, Lily 8CRL, Scarlett 8LEN Oliver (senior prefect) 8HUN, Dominik 8ROZ and Tayah 8TOO

As their first act as prefects, these students will be demonstrating their leadership across the year group on Tuesday 1st February 2022, as they will be delivering their first virtual assembly on the theme 'Hope.'

Student Council Representatives

Congratulations to the following students that have been nominated to represent the year group as student council representatives.

Tutor Group	Representative 1	Representative 2
8AMD	Codi	Shayaan
8AND	Alan	Luci
8CAR	Abdul	Amelia
8CRL	Lily	Kyrie
8HUN	Ali	Dunja
8LEN	Scarlett	Charles
8ROZ	Rodrigo	Nyah-Rae
8TOO	Nicolas	Leonor

We look forward to seeing the amazing work and leadership these students demonstrate across the academy!

IEAP Day-Organisation

On Thursday 20th January 2022 Year 8s took part in another phenomenal IEAP day. Students met with their tutors, Ms Boothe or me and delivered their presentation on 'How do you best learn/revise?' Students also shared their revision schedule and were given feedback. The quality of revision schedule and delivery presentation were to a high standard.



Year 8 News Continued....

Examples of student work:

How I best revise



I have always been very bad at revising but I do have a very good method for me that helps me remember things.

My method

My method for memorising something is I will write it down on a piece of paper and stick it somewhere I will go everyday (example on the sink) and continually read it. Then I take it off the surface and I will ask a family member to test me on it. This applies to all types of learning for me!

Daneyling – 8HUN

Monday	Tuesday	Wednesday	Thursday
<u>Subject 1-</u> Computer science - digital communication - watch some documentaries about this topic to be more informed next lesson or revise with the lessons available on gc <u>Subject 2-</u> English - Love poetry - try and write my own poem with new keywords learned last lesson <u>Subject 3-</u> Religious Education - intro to Islam - don't know much about this religion so try find more about it	<u>Subject 1-</u> French - different types of movie genres - make my own sentences about my favourite film genres and why I like them <u>Subject 2-</u> Science - Products of Earth - review previous lessons and make sentences with new vocab learned so it is easier to form sentences with the words. <u>Subject 3-</u> Mathematics - 3D Shapes - review last lessons or complete tasks on Hegarty maths	<u>Subject 1-</u> Geography - South America - revise previous lessons on gc and learn more about South America's physical geography <u>Subject 2-</u> Music - Practice some of the songs posted on gc to warm up for next music lesson. <u>Subject 3-</u> History - Factories in the 19th century - Lots of documentaries about this available on the internet so watch a few to be more informed and share ideas next lesson	<u>Subject 1-</u> Mathematics - 3D shapes - revise about the different points of view of shapes - revise basic stuff so it is easier to complete the starter <u>Subject 2-</u> French - check for any homework to be complete and try and watch french cartoons to learn a few basic words <u>Subject 3-</u> Science - review last lessons slides on gc and check for any homework to be complete

Friday	Saturday	Sunday
<u>Subject 1-</u> ADT - roller coaster project - complete any homework <u>Subject 2-</u> PSHE - Complete homework and revise for next lesson <u>Subject 3-</u> Drama - complete any homework and revise drama techniques/keywords for next lesson	<u>Subject 1-</u> Reading - read at least 30 mins <u>Subject 2-</u> Music - Learn a song on the piano <u>Subject 3-</u> Homework - complete any work	<u>Subject 1-</u> Reading - read at least 30 mins

Oliver - 8HUN

How can parents/carers help?

As the Year 8 mock examinations are soon approaching, it is vital to encourage students to take ownership of their learning and reflect on the best way to learn and the importance of being organised. During the course of the term Year 8s will be shown tips they can use at home.

Please ask your child to share their revision schedules with you. Do encourage them to share what they have been revising.

Dates for your dairies

Year 8 Mock Examinations **28th February 2022- 4th March 2022**

Year 8 Parents Evening **24th March 2022**

Thank you for you on-going support! Ms Gbolonyo, Ms Boothe and Year 8 team!

Dates for Your Diary

Wednesday 2nd February 2022 – INSET Day

Monday 7th February 2022 – Year 10 Mock Exams Begin

Wednesday 9th February 2022 – Year 13 Parents' Evening.

Friday 11th February 2022 – Academy Breaks for Half Term Holiday

Monday 21st February 2022 – Academy resumes

Wednesday 23rd February 2022 – Year 12 Level 3 Parents' Evening



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Science Club – Mr Clarke



In this week's science club, our activity was chosen almost eggsclusively as a means to fill this newsletter with more puns.

In the eggstracurricular eggsperiment, students were given a variety of packing materials and string, and tasked with slowing the deceleration of an egg to make sure it didn't break on impact.

It was, of course, an eggceptionally eggcellent activity, with many eggcited eggsspressions motivated by an eggsaturated promise of neggatives if their eggs eggsploded."





Aston the Therapy Dog – Ms Sharpe

We are excited to introduce you to a new member of Southfields Academy.

Aston is a 2 year old English Pointer who has successfully passed his therapy dog training and is set to become an integral part of our school community working with some of our students.

We have undertaken a thorough risk assessment, which details the hygiene practices that will be in place – such as cleaning of hands and the environment before and after meeting Aston.



What are the benefits of having a school dog?

Numerous research studies have shown the benefits of therapy dogs in schools. These dogs have been working in schools for the past five years across the UK.

Evidence indicates that benefits include:

- Cognitive – companionship with a dog stimulates memory, problem-solving and game-playing.
- Social – a dog provides a positive mutual topic for discussion, encourages responsibility, well-being and focused interaction with others.
- Emotional – a school dog improves self-esteem, acceptance from others and lifts mood, often provoking laughter and fun. Dogs can also teach compassion and respect for other living things as well as relieving anxiety.
- Physical – interaction with a furry friend reduces blood pressure, provides tactile stimulation, assists with pain management, gives motivation to move, walk and stimulates the senses.
- Environmental – a dog in a school increases the sense of a family environment, with all of the above benefits continuing long after the school day is over.
- Reading – reading to dogs has been proven to help children develop literacy skills and build confidence, through both the calming effect the dog's presence has on children as well as the fact that a dog will listen to children read without being judgemental or critical. This comforting environment helps to nurture a child's enthusiasm for reading and provides them with the confidence to read aloud.

Some concerns you might have:

Which students will Aston work with?

Aston will only be allowed in situations with pupils who voluntarily wish to work with him. Your permission will, of course, be sought in advance of Aston having access to, and working with, your child in school.

My child is allergic to dogs

It is understandable that some of you may be concerned about possible allergic reactions to a school dog. However, Aston will be subjected to the most thorough cleanliness and grooming regime.

Will Aston be properly cared for?

Aston will be extremely well looked after. He will live with Ms Sharpe and he will come to school a few times a month but will stay safely in her office throughout the school day.

My child fears dogs

Some children may have had upsetting experiences and thus have a fear of dogs (or another animal). Aston will only be in contact with children whose parents have given their permission.

Experience and research have shown that, with proper guidance and handling, children can learn to overcome their fear of animals and grow in respect and appreciation for them.

We hope you will join us in welcoming Aston to the Southfields Academy family and embrace all that he has to offer the school. A letter to seek your permission regarding contact with Aston will be sent home at the appropriate time before contact with Aston occurs in a reading or therapy setting.

If you have any worries or concerns about Aston then please do not hesitate to contact sara.sharpe@southfieldsacademy.com

We are looking forward to Aston working with our students.

Dear Parents,

We're hosting an online webinar for parents and we'd love to see you there.



What about me?

Looking after yourself in a world of "perfect" parenting.

Monday 7th February at 19:00-20:00.

With school holidays around the corner, this workshop invites parents to take some time to think about their own needs.

South West London and St George's **NHS**
Mental Health NHS Trust
Southfields Trailblazer Mental Health Support Team

Monday 7th February at 19:00-20:00.

Sometimes we are so busy being parents that we forget to look after ourselves. It's especially important for parents to look after themselves during school holidays.

So, with half-term just around the corner, we are inviting parents to:

- Explore feelings of being judged, not being up to the task or being overwhelmed by parenting.
- Consider how our own thoughts and feelings about parenting can impact on how we respond to difficult moments with our children.
- Learn practical strategies to boost confidence and feel more satisfied as a parent

The webinar will be delivered by Dr Kelly Lewis-Cole, Clinical Psychologist and Service Coordinator for Southfields NHS Trailblazers Mental Health Support Team

Register soon as space is limited

We hope you're able to join us!

Register
HERE

It is important to us that our support is accessible to everyone. If you are unable to access this webinar for any reason, please contact your school and register your interest. We will do our best to offer an alternative date/format.