



Southfields Academy Weekly Newsletter

Week Commencing Monday 14th February 2022



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

Year 10 News – Ms Gavin

This week has been a tough week for the Year 10s, having completed their mock exams. They have displayed a number of emotions throughout the week, but Ms Douglas and I are proud to say they have all tried their very best to battle on and continue with their exams. Well done Year 10, we hope you have a well-deserved break this week!

We would like to take this opportunity to remind the Year 10 students to continue to look for a work experience placement. This is a good opportunity to gain experience in a working environment outside of their usual school setting. The students can pop up to the careers team to get some support with this if needed.

Could you also please encourage your child to return to school in the new half term fully equipped and with full school uniform?

Wishing all students a restful half term break.

Gospel Singer of the Year 2022

Many congratulations to a former Southfields student Patrice Campbell (nee Dennis) who has just been crowned Gospel Singer of the Year 2022.

Patrice was the leading light of the Southfields' Gospel choir along whose performances were always brilliant

<https://www.bbc.co.uk/iplayer/episode/m00149ky/songs-of-praise-gospel-singer-of-the-year-final>



PSHE Information – Ms Molloy

Year 7 PSHE

Next term we will look at puberty and will explore body changes for girls and boys as well as body image and self-concept. All girls will receive a first period pack with sanitary pads and a reusable fabric pad, which we have had funding for to provide free. This is a chance for girls to explore the different period management options available so they can make confident choices and feel empowered to manage their period. Girls are reminded they can always come to the PSHE base to collect pads or tampons should they need any during the school day.

Year12 and Year13 PSHE - period management

We have secured funding for 31 menstrual cups that we can give out to interested parties as another way of managing periods. The advantage of menstrual cups are that they are affordable, good for the environment and reusable, don't result in Toxic Shock Syndrome, can hold more than pads or tampons' and can last up to 12hrs, cutting down the amount of time needing to change during the school day. If your child is interested please get them to see Mrs Molloy to collect one, each cup comes in its own little pouch for safe storage.

Empathy week 21st February - in PSHE this week we will explore what empathy is, why it is important and how we can be emphatic. Activities will be based around scheduled PSHE topics.



Thought for the Week

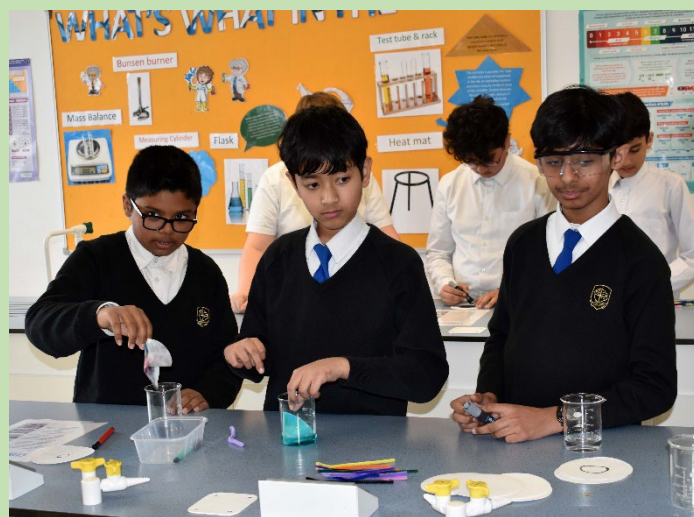
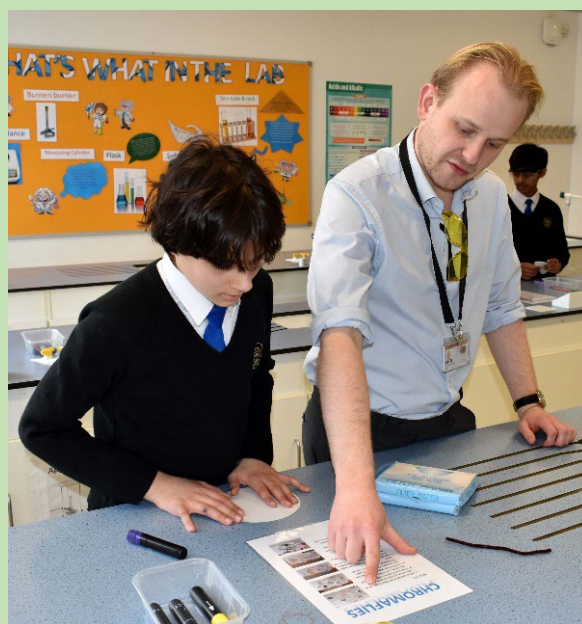
"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be." ~ Eleanor Rosalynn Carter



Chromatography Butterflies in Science Club – Mr Clarke

In this week's science club students performed paper chromatography, a separation technique that pulls apart mixtures based on their preference for water, or "solubility".

They found that black ink is, in fact, not made of black dye and instead formed of several different coloured dyes! Science now put aside, students simply enjoyed the visually pleasing pattern and made their chromatograms into butterflies using pipe cleaners.



Mock ADT Exams – Ms Jaffer

The ADT department are really proud of our Year 10 GCSE students for sitting their first 5 hour mock exam. Having to maintain focus and effort for this length of time is no easy task; however, our students did just that with some great results.

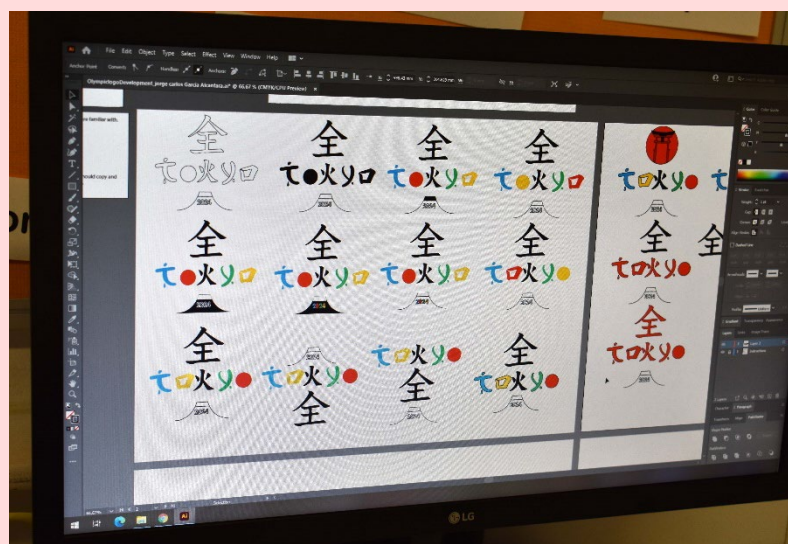
We are really excited to see them develop further as they gain more skills in their respective areas of 3D Design, Art and Graphic Communication and we have high hopes for their achievements going into Year 11.

Well done Year 10!





ADT Exam continuation:





Sporting Success this week



5ASIDE AFC WIMBLEDON FOOTBALL TOURNAMENT

Massive well done to the Year 8/9 football team who played at the new AFC Wimbledon ground 5aside pitch on Monday. The girls played extremely well winning all their games, scoring a total of 17 in the tournament and only conceding 1 goal. The girls were also lucky to get a Stadium tour of the new ground after the matches.

The girls were crowned AFC 5aside winners. Player of the tournament was awarded to **Kayda Townsend** for her excellent football skills.

Player of the match was **Mikayla Morriss** for her excellent leadership and taking on role as captain. Lastly, a massive shout out to **Lily Walters** in Y10 who gave up her evening to be assistant manager and supported me in getting an overall win. She was an excellent coach!!

#BETHEBESTYOU CAN BE



Sporting Success this week



Y10 vs Y11 basketball tournament

A massive shout out to **Kevin Williamson (Y11)** and **Deniel Bolea (Y10)** for being amazing captains, organising their teams and demonstrating excellent teamwork and sportsmanship throughout the basketball game.

It was all going so well for Y11 but the Y10 boys found some fight and brought it back to be ahead of the Y11s in the final quarter. Unfortunately their amazing effort just wasn't enough to beat the Y11 super team!! **The final score was 53-47 to Y11.**

Massive well done to all the boys involved and for all the time and effort that went into planning the event. We look forward to seeing you in action in more fixtures next term.

Player of the tournament was Daniel Bolea for his excellent 3 pointers, dedication and resilience throughout the game.

Congratulations again to Y11!

#BETHEBESTYOU CAN BE



Reminders

We wish you all happy and safe half term 🏆🏠🍷

All years - Please check your google classroom to see what activity you are on next term. Keep bringing in your full Southfields PE kit.

Y7 - please log onto MiMove to keep track of your physical activity during your time at Southfields

Chelsea vs City in the final of the FA Women's Continental Cup. The final is being held on our doorstep at AFC Wimbledon Plough Lane Stadium on Saturday 5th March. Buy tickets from the AFC Wimbledon online shop.

AFC Wimbledon Ladies

AFC Wimbledon Ladies will be back at The Cherry Red Records Stadium Plough Lane for their next game on Wednesday, 16 February 2022, 19:45 KO vs *QPR Women*.

You can get your tickets for what is sure to be another exciting game now via [Seat selection on map](#)
[Cherry Red Records Stadium | 16.02.2022 - 19:45 | The FA Women's National League] - AFC
Wimbledon

Tickets are £5 for adults and free for under 18s.

AFC Girls College Trials - Current Year 10/11 girls

We will be running trials On Tuesday 15th February @ Southfields academy. To apply and for more information please go to [Education Football Programme — AFC Wimbledon Foundation](#)



**AFC WIMBLEDON
FOUNDATION**

PREMIER LEAGUE KICKS

GIRLS ONLY SESSION

SCAN CODE TO BOOK



OR TURN UP AND PLAY



**FREE WEEKLY
FOOTBALL SESSIONS**

- Friday 4: 7pm (Southfields)
- Friday 4: 7pm (Twining & Mitcham)

A fun inclusive session for
11-16 year olds



The poster features a background image of AFC Wimbledon girls' football players in blue kits with white numbers, standing in a line on a football pitch. In the background, a large crowd of spectators is seated in blue stadium seats. A yellow banner at the top contains the text 'AFC WIMBLEDON GIRLS EFP TRIALS 2022/23' in bold black letters. Below the banner, there are two icons: a calendar with a red checkmark and a red location pin. To the left of the calendar icon, the text reads 'Trial dates in February, March & April'. To the right of the location pin icon, the text reads 'VENUE: Southfields Academy, Burgh Road, London, SW18 4SS'. At the bottom, there are two speech bubbles. The left speech bubble contains the text 'Are you a current Year 10/11 student who has an interest in football?'. The right speech bubble contains the text 'Do you want the chance to represent AFC Wimbledon while completing A-Levels and/or BTEC Courses?'. At the bottom center, there is the AFC Wimbledon Foundation logo, which consists of a shield with a black and white design, and the text 'AFC WIMBLEDON FOUNDATION' in bold black letters.

**AFC WIMBLEDON GIRLS
EFP TRIALS 2022/23**

 Trial dates in
February, March & April

 **VENUE:** Southfields Academy, Burgh
Road, London, SW18 4SS

Are you a current Year 10/11
student who has an interest in
football?

Do you want the chance to
represent AFC Wimbledon while
completing A-Levels and/or
BTEC Courses?

 **AFC WIMBLEDON
FOUNDATION**



AFC WIMBLEDON FOUNDATION

- Train x2 per week
- Regular Games Programme
- Link to AFC Wimbledon Ladies, 1st Team, U23s & U18s
- Fitness and gym sessions
- UEFA Qualified Coaches
- Sports Science/Match Analysis
- Coaching qualifications and pathways
- A-Levels and BTEC Course Available

What subjects can I choose?



How do I apply?





Talking to your Child about Suicidal Thoughts – Ms Nearn

According to research published in the British Journal of Psychiatry (quoted in this [article](#) in the Guardian), About 7% of children have attempted suicide by the age of 17 and almost one in four say they have self-harmed in the past year. Experts fear these figures could rise as a result of the pandemic.

Not all self-harm is linked to suicide (it is a coping mechanism), but suicide is the ultimate form of self-harm. If you are concerned that your child is self-harming or having thoughts of suicide, what should you do?

Talking about it with your child can provoke strong feelings of panic or alarm, and throw you into 'rescue mode'. Though the impulse to act quickly is understandable, the distressed young person actually needs calm and understanding.

Be direct - ask them outright. Suicidal thoughts don't necessarily mean there is an imminent risk. Feelings of despair, frustration or failure can cause a young person to feel suicidal temporarily. They may cycle through such feelings and yet have no intention of acting on them.

Don't panic - it may push them away and make them less likely to open up. Stay steady and use empathy to let them know you have heard them and understand that they are struggling. This may be hard, so take your time, keep breathing, and acknowledge your own distress.

Seek support - access guidance from one of the many charities that exist to support suicidal ideation such as [Samaritans](#), [Papyrus](#), [CALM](#), [Shout](#) or speak to your GP.

Harness technology. The [Stay Alive](#) app is a pocket suicide prevention resource for the UK, packed full of useful information to help you, or someone you are worried about, stay safe. [Ripple](#) is a free browser extension that discreetly monitors queries via search engines, forums and video sharing platforms, and triggers a pop-up (signposting to mental health support) whenever a person searches for harmful keywords or phrases related to the topic of self-harm or suicide.

If you would like more guidance about mental health - yours or your child's - download our E-book - [Mental Health and Emotional Wellbeing Butterflies](#). Or if you would prefer a printed copy, ask for one in reception or email Ms Nearn (tricia.nearn@southfieldsacademy.com).



Dates for Your Diary

Monday 21st February 2022 – Academy resumes

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

Friday 25th February 2022 – Inset Day

Monday 28th February 2022 – Year 8 Mock Examinations Begin

Thursday 3rd March 2022 – Year 9 Parents' Evening & Options Evening 17:00 – 19:30 irl event

Friday 4th March 2022 – Year 9 Options Form deadline

Monday 7th March 2022 – Year 11 GCSE Mock Examinations Begin

Monday 7th March 2022 – National Careers Week Begin

Thursday 10th March 2022 – Year 10 Parents' Evening



DEVAS CLUB HALF-TERM PROJECT

1pm - 5pm

Monday

Range of arts & sports activities

Tuesday

Range of arts & sports activities

Wednesday

Mamma Mia! Dance Theatre
workshop & Trip

Thursday

Range of arts & sports activities

Members will receive a free meal every day

For more information or to book a slot please contact jade.blake@richmondandwandsworth.gov.uk,
07974586409, or Darryl.Marshelleck@richmondandwandsworth.gov.uk 07813394762

The Devas Club is open for age groups 11-18 years.

