



Southfields Academy Weekly Newsletter

Week Commencing Monday 7th March 2022



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

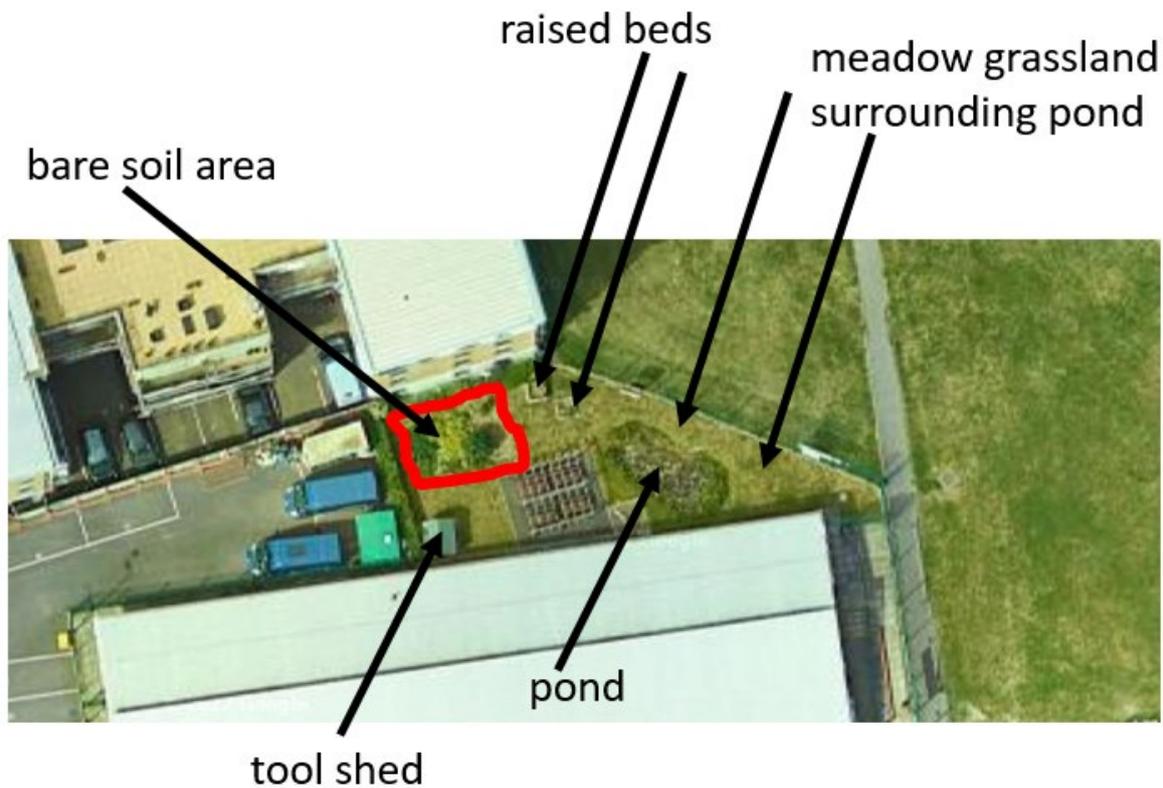
Ecology Garden – Mr Millard

Gardening club at Southfields offers students the opportunity to get outdoors to learn how to tend vegetables for eating, cultivate flowers for pollinators and manage green areas for biodiversity.

Taking place after school each Thursday, we will be developing the school garden bed to sow seeds, learn to weed, nurture and grow plants to create a productive and beautiful space. As well as gaining horticultural skills, working outside in the fresh air will benefit our students' wellbeing and build pride and ownership in our school grounds.

Gardening club will be offered to Year 7 students, is open to students from other year groups who express interest, and we will also be working with the Rowan Hearing support Centre students. In addition, the space will offer a relaxing setting at other times to facilitate students' wellbeing.

For more information, please see Mr Millard (Science) or Mr Samuels (Head of Year 7)





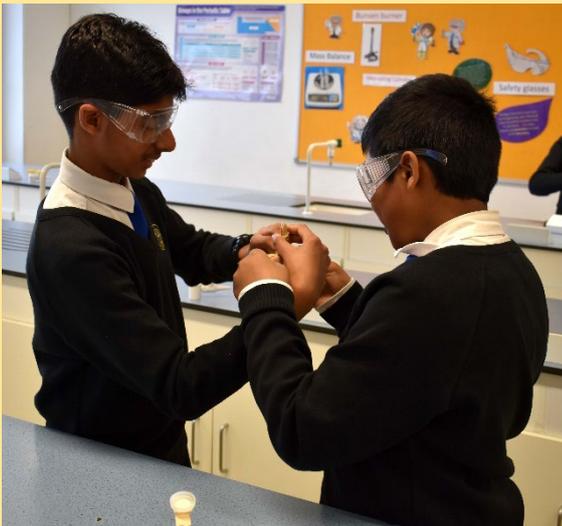
Thought for the Week

“Victory has a hundred fathers and defeat is an orphan.” ~ John F. Kennedy



Science Club – Mr Clarke

In this week’s science club, students explored the interaction between elastic and non-elastic materials in order to build a catapult. Using lollipop sticks and elastic bands, they built structures and attempted to launch an item into a nearby container. Initially the plan was to use ping-pong balls to test the efficacy of the students’ designs; however, one bright spark had the idea of using crayons instead. They passed with flying colours.





Massive shout out!

Well done to the Year 10 drama students for showing such professionalism during the Old Vic workshop and whilst watching 'A Number' at the Old Vic. Special shout out to Makkie and Summer for approaching the actors and kindly asking for a photo op! The actors were fully engaged with the students and impressed with their shared interest of the performing arts industry!

Members of the public were delighted to converse with students after the show because of their professional manner and how they conducted themselves with the actors after the show!

Well done Year 10! Incredibly proud of you!

Ms Perera and Ms Brown!

National Careers Week in the expressive arts department – Ms Risolino

The dance and drama department are keen to support the students in exploring different careers in the performing arts industry.

On Monday 7th March, we welcome ex-student Reda Elazouar back to the academy, who has recently been cast in one of the lead roles in the new Netflix film "Pirates". He will be talking to our year 10, 11, 12 and 13 performing arts students about his job as a professional actor and discussing his experience on set.

On Wednesday 9th March, Year 7 drama students will be participating in a careers workshop with BBC actor and writer Sudha Bhuchar who will be discussing her career in the arts as both a writer and a performer as well as leading a careers focused workshop.

On Friday 11th March, we are also seeing the return of ex-student Dani Harris Walters who will be leading on a careers talk for our year 10 performing arts students on his training after leaving Southfields and how he has carved out his career as a dance professional.



Meeting the cast!



Lennie James, British born South London actor known for roles in:

- Walking Dead
- Columbiana
- Line of Duty

And so much more....



Meeting the cast!



Samuel Adewunmi, up and coming british actor known for his recent role in BBC drama...

'You don't know me'

Samuel is said to be the next Daniel Kkaluuya and John Boboyega



Meeting the cast!



Paapa Essiedu, British born, London actor known for roles in BBC, Sky Atlantic and Channel 4 series:

- May I Destroy
- You Gangs of London
 - Kiri

And so much more....



Sporting Success this week



Y7 Netball

Well done to the Year 7 netball team for their first win on Monday at the Wandsworth netball Tournament. Great performance from all players, a special mention to **Rakaiya Atikpakpa** and **Daisy Rolls** for being players of the tournament for Southfields.

Y10/11 Girls Football

A massive shout well done to the Y10/11 Girls football team on Tuesday 1st March who played at Morley Park in extreme conditions, including lots of rain and mud!! At some points it looked more like ice skating then football but the weather didn't stop the girls from playing some good football. The girls came 4th overall with an excellent goal from **Mikayla Morris** and a few near misses from **Nevaeh Taylor** and **Lily Waters**

Massive well done to **Shanaya Kenko-Leutche** for getting the team organised and **Nevaeh Taylor** for both being excellent captains, **Kay Cooper** for being player of the tournament, **Mikayla Morris** from Y9 for stepping up and playing a year above and lastly a massive shout out to **Ajla Vukalic** for her resilience and winning falls of the tournament!! The girls are a credit to the PE team and I look forward to seeing them in more fixtures.

#BETHEBESTYOU CAN BE



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.





The Big Idea – Mr Olumegbon



The Talent Foundry delivered a workshop called Dell Technologies: The Big Idea to some Year 7 students. The Big Idea session supports the learning of students by encouraging them to develop core transferable skills, create and collaborate. Students were encouraged to develop their knowledge of:

- Social issues in their community
- Business
- marketing/communications
- Technology

The students had to create a product that solves a problem. They worked on a presentation to describe their product and demonstrate why Dell should award their business the grant to solve a social problem and create positive change in the community. They pitched their ideas and received feedback on their pitch. This really benefited them because they learnt about problem solving, presenting, communication and teamwork. One student said, "I can communicate my ideas better and I feel more confident presenting my idea to a group of people."





Window Wanderland – Ms Ancilotto



A shout out to my Y9 class last Thursday P3. They worked very hard as a team to prepare the school windows for the Window Wanderland event that took place on the streets of Southfields last weekend. 'Inclusion' was the theme we picked. The pictures were taken during the daytime!



Year 12 News – Ms Hess

Our students have been busy organising KS3 challenges twice a week since last term during break times. The KS3 students have been really engaging with more students attending every week. The challenges are based on maths and sports.



On our last IEAP day, Year 12 students had the opportunity to meet people from Industry during various workshops and they are now able to make informal career choices. Further workshops and guest speakers will strengthen these choices during National Careers week this week.

Last term the students chose our Student Council representatives. We have 2 representatives from each tutor group that will meet half-terminally to discuss matters and agree on actions. They have also chosen the 2 students to represent Year 12 on the whole school student council. This is a great opportunity for students to be involved in the Academy developments and decisions and will also be able to add it to their CVs and UCAS applications. The council's first task is to re-evaluate the Academy's British values statement.





What for? Why now? What else? – Ms Ramirez



What for? Why now? What else?

3 questions that could change your life, and consequently that of your child.



In all the conversations I've had with parents since the start of this academic year, there is not a single one who has not mentioned 'screen time' as part of a bigger problem. Whether directly or indirectly, phones are constantly interfering in student's lives.

I see many pupils in school who have been referred to me because of persistent absence only to find out that they also have problems with things like friendships, behaviour, anxiety, self-esteem, exhaustion, or depression. The truth is, a lot of those issues are linked to social media and too much time glued to a phone.

Phones are a very important part of our young people's social lives, and I wouldn't advocate taking them away. However, "I'll only be on it for a minute" can quickly grow to hours (they are designed to be addictive!) and cause family conflict. There's a lot of middle ground between a total ban and no rules at all - It begins with getting more mindful about phone use, starting with your own.

What for? Next time you mindlessly reach for your phone, ask yourself, "Why did I pick up my phone? What am I feeling?" Is it boredom? Habit? Loneliness?

Why now? Ask yourself, "Is there something I need?" "Am I avoiding doing something else?"

What else? Think about what else might meet the needs identified with the first questions. For example, if you're bored, is there a project you've been putting off that you could do instead?

A moment of self-reflection before reaching for your phone can help you understand yourself and your child as well. In addition, you will also become a healthier role model! (It is as hard for kids to respect a request to get off their phone when their parents are glued to theirs.)

If your child is neglecting homework, is not getting enough exercise, is mindlessly snacking while watching screens, has poor mental health, or is simply not getting to sleep on time, start by making them aware of the impact their phone is having on their life. If you need to help them dial back their phone use (pardon the pun), introduce some simple rules such as no phones at meal times, or no phones in the bedroom at night (there's an ingenious invention called an alarm clock!) Post the three questions on your fridge and talk about them.

You can read more about the "What for, why now, what else?" approach to phone use in [this article](#) from the New York Times. You might also enjoy this [story](#) about how putting your phone down could help you live longer!

Dates for Your Diary

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

Monday 14th March 2022 – Year 13 Mock A Level Examinations Begin

Thursday 24th March 2022 – Year 8 Parents' Evening

Friday 1st April 2022 – Academy Breaks for Easter Holiday

Friday 1st April 2022 – INSET Day



Time of uncertainty – Ms Nearn

Supporting Children and Young People in times of Conflict and Uncertainty A Brief Guide for Parent/Carers

Bad news, scary events and tragedy have been a recurrent theme over the past few years and the current crisis in the Ukraine is affecting many people in different ways. It is not unusual for young people (and adults) to be thinking about 'what if this happens? What if that happens?'

The following is a guide to how you can help your teen:

https://drive.google.com/file/d/1qtDK40t-X_EqEt9Y8eo8SwZuWJYib6WN/view?usp=sharing

Also from BBC Bitesize: [How to talk to your teenager about the invasion of Ukraine](#)



Parent Support Coffee Morning

(Supporting you to support your child!)



Thursday - 10th March 2021 - 9:00 am-10.00am

Southfields Academy

(entrance through 'The Aspire Centre')

This month we will be talking about:

Snooze, Food, and Mood in Adolescence

- 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](mailto:nancy.ramirez@southfieldsacademy.com) 020 8875 2600

Southfields Academy, 333 Merton Road, London SW18 5JU

We Stand With Ukraine!

**WE STAND WITH
UKRAINE**

Donations sought to support Ukrainian refugees and the humanitarian crisis in Ukraine.

Southfields Academy is supporting local collections of items to help the Ukrainian people in need. The kinds of items that are needed include the list below.

- Sanitary products: pads, nappies, shower gel, shampoo, wet wipes
- Wound dressings and bandages
- First Aid Kits
- Duvets, blankets
- Baby formula and food
- Unperishable foods (dry and tinned)
- Over the counter medicines (paracetamol, cough medicine, antiseptic)
- Torches and batteries
- Socks
- Thermal clothing

Please take any donated items to:

- **St Michael's Church Café**, Wimbledon Park Road, SW18, between 8.30am-5pm Thursday and Friday and Sunday 9am-12pm.
- **Riversdale Primary School**, Merton Road, SW18
- **Polish White Eagle Club**, Balham High Road, SW17

The Academy is unable to accept the donations directly.