



Southfields Academy Weekly Newsletter

Week Commencing Monday 14th March 2022



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

World Book Day – Ms Anderson

Southfields Academy celebrated World Book Day last Thursday. Students had great fun participating in the Southfields Academy Masked Reader competition, working out with their tutor group, which teachers were reading behind emoji masks!

A character treasure hunt ran through break times, and English teachers reported groups of desperate Year 7s, 8s and 9s trying to decode their book clues in time and plot characters on maps to be in with a chance to win prizes.

The library was also a hub of activity and students made beautiful laminated bookmarks. Two students even took the occasion to make flag bookmarks, showing their solidarity with Ukraine.

A group of our helpful influencer students had great fun judging the originality, creativity and effort put into teachers' World Book Day character outfits, nominating a new category for 'Best Dressed Group' for the support staff 'smurfs' that particularly wowed them!

All prizes will be awarded to the winners next week so unfortunately the names cannot be revealed just yet, all except for the 'Best Dressed Department' – PE! that is, who enjoyed a large plate of cookies on the day!



World Book Day continued....





Thought for the Week

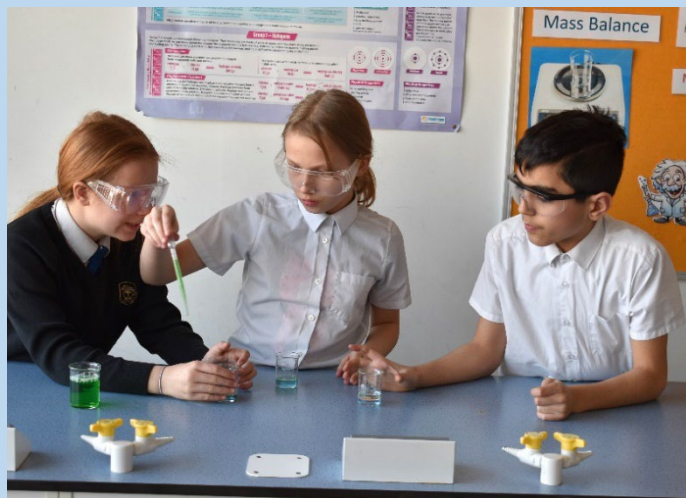
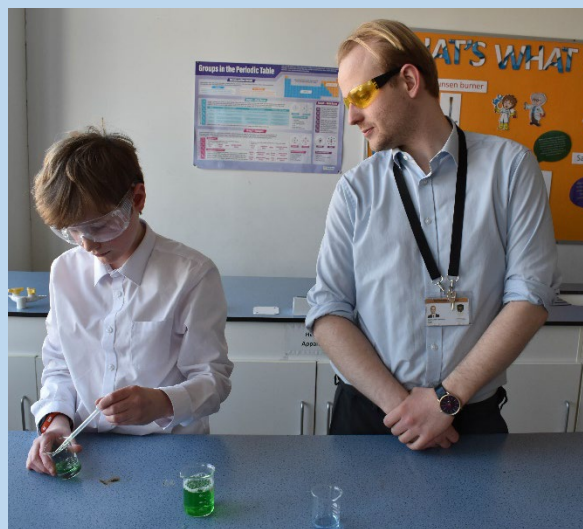
"Leadership is not about titles, positions, or flow charts. It is about one life influencing another."
~ John Maxwell



Science Club – Mr Clarke

In this week's science club, students stacked liquids of different densities. The four liquids were sugar water, washing up liquid, pure water and vegetable oil, with food colouring added to the water-based liquids to ensure we could tell them apart in the beaker.

Nowhere in the pigment of my imagination did I realise how tricky this would be! The result was a technicolour marvel, assuming the students had the steadiness of hand required for this delicate cyantific operation. Students then dropped various objects into their stacked liquids, finding that some sank in one layer and floated in another, which really blue their minds! I really shouldn't have drunk that blue sugar water afterwards though - I feel I've dyed a little inside...





Student to Star - Reda Elazouar

For National Careers week, the expressive arts department kicked off with a visit from ex student Reda Elazouar, now a leading actor in Reggie Yates's film 'Pirates' on Netflix. Reda humbly informed students in Year 9-13 about his journey from drama GCSE to working with big names like Mr. Yates in the industry.

The students were full of excitement and gratitude, flooding Reda with questions about his career and seeking the best advice regarding auditioning and the realities of the industry.

Expressive arts teachers felt very honoured as he thanked his teachers for his time at Southfields!

We look forward to seeing more talent coming out of the academy.





Our Streets – Tara Theatre – Ms Risolino



Year 12 students Daniella Torres and Charly Lynn and Year 10 students Leona Cole and Blu Haley-Hutson are starring in a new production at Tara Theatre in Earsfield. The girls have been working on a professional performance piece with Tara Theatre called "Our Streets." Created whilst working with artistic associate Beth Kapila and a documentary filmmaker, this unique show is the exciting culmination of Tara Theatre's latest Younger Creatives project, a project where the theatre and Southfields Academy have worked together to provide industry experience for young people. This year's project has been designed to empower young people to take up space and advocate for changes they want to see in the world.

Tickets are on sale now for the 8th, 9th and 10th April:



https://taratheatre.com/whats-on/our-streets-performance/?dm_i=1FX5,7RF91,U4LUKV,VND6Z,1

Or through:

Box office: 020 8333 4457

info@taratheatre.com


Tara Theatre is located on 356 Garratt Lane Earlsfield, SW18 4ES




Pi Day - 2022

3.141592653589793238462643383279502884197169399375105820974944592307816406286208998628034825342117067982148086513282306647093844609550582231725359408128481117657111614141468541229618544218654586939661219296562572579999552822567

**Can you memorise 10 decimal places of pi?
If so you will win an apple pie!**



**Can you memorise 100s of decimal places?
Maybe you'll be this year's Pie Minister and
win £31.41 in book tokens.**



Southfields Academy Mathematics Department Pi Day 2021 – 14th March 2022



SCAN ME

MENTAL HEALTH
AND EMOTIONAL
WELLBEING

Butterflies

 Download your
free copy



'Solutions not Sides' - Ms Atley



On Friday 4th March 'Solutions not Sides' came into the Academy to talk to Year 12 students about the Israeli-Palestinian Conflict.

Students initially had a session about the background to the conflict during tutor time to give them some context. Then during Friday's talk, they learned how the conflict is affecting ordinary Palestinians and Israelis. The presentation included a live discussion, with someone living in Palestine and someone living in Israel, who were 'zoomed' into Southfields to answer students' questions and share their perspective and experiences of the conflict. It was powerful to hear their voices.

'Solutions not Sides' also encourage students to consider what a possible solution to the conflict might look like.

Thanks to the students who listened thoughtfully and posed such interesting questions, Ms Minto and the sixth form team for their support and organisation, and IT for being on hand. Year 12 gained a real insight from this experience.



Sporting Success this week



Y9/10 Sports leaders

A massive well done to our Year 9/10 sports leaders who supported Chelsea FC in running the girls' football event at Southfields. They all supported in either being a referee, time keeping, scoring, prices, photos and much more. They are extremely talented individuals who have shown excellent commitment in learning what it takes to be a Southfields PE Sports Leader. Keep up the good work.

Y11 Boys Football vs Saint Cecilia's

A massive shout out and well done to the Y11 football team on Tuesday 8th March. On Tuesday our Year 11 boys played out an exciting 5-5 draw which saw both teams play some really excellent football! It was great to see the Year 11s relax from the pressure of exams and get some minutes on the pitch!

International Women's day

Check out the PE departments Instagram account [southfieldsPE_](https://www.instagram.com/southfieldsPE_) to see our students celebrating international Womens' Day by finding out which females inspire our students #BreaktheBias

#BETHEBESTYOU CAN BE





Year 13 News – Mr Browne



Securing bright futures for our Year 13 students

This year 118 students applied to study at university. Some will commence their courses in September of this year; others plan on taking a gap year.

Many students have received multiple offers - and have until early June to reply to these offers. The next step is to complete student finance applications and to better understand how student finance works. We will run student finance workshops later this term.

We're also keen to ensure that our students are equipped to survive and thrive at university. To this end, we will run "survival at university" workshops early in the summer term. All students will also receive a free copy of the "Love University" eBook via Amazon's Kindle platform.

Students not planning on attending university will join the WAVE (Work Apprenticeships Volunteering and Entrepreneurship) sessions run by Mr Browne. These are scheduled to start in January. This is to ensure all students have a positive destination when they come to the end of their studies.



ACLT STEM CELL / BONE MARROW DONOR REGISTRATION DRIVE



The Academy welcomed the ACLT team in on Wednesday 8th March in order to support their drive to register new donors. The students and staff rose to the challenge and it was lovely to receive such warm thanks from the organisers.

"On behalf of the ACLT charity and the patients and families of patients we represent in the UK and around the world, we would like to say **'thank you'** to you, the students, and the staff for once again inviting ACLT to raise awareness of blood cancers/disorders, stem cell, blood, organ donation and also for allowing our team to register new donors.

The response was as we had hoped and anticipated, brilliant! Large numbers of willing and pro-active students and staff members wishing to be on standby to save a life. In total we registered **26** new potential stem cell (bone marrow) donors, 1 signed up to donate blood at a later date and 1 registered as an organ donor. We're pleased some of them were teachers."





Helping Your Child Get Out of Their Comfort Zone – Ms Nearn



Do you remember back when your child was learning to walk? Chances are, their fat little fingers gripped your hand tightly as they discovered how to steady themselves. I bet they also fell down. A lot. And I bet that at no time did you look at them and think, “Well, I guess they’re just not a walker!”

Joking aside, learning anything new requires us to step out of our comfort zone in the same way we did as toddlers. This takes courage, and courage comes from *encouragement*, not from mollycoddling or being too harsh.

As a parent, our instinct may be to protect our struggling or anxious child from the things that challenge them. We may give in to requests to stay home from school, or to quit an activity or drop a tough subject, or we may rush in to help with tasks that they haven’t quite mastered. In the long run however, we are robbing them of their chance to build new skills, develop inner strength, and discover their bravery – all essential for becoming successful adults.

There is of course a middle path to strike here. Being too “challenging” is just as debilitating as being too supportive. To find this path, start with empathy.

Scenario: Your child wakes up “in a mood” and doesn’t want to go to school. What do you do?

- A. “Poor you! Why don’t you take a duvet day and I’ll bring you some hot cocoa in bed.”
- B. “None of this nonsense! Get up!”
- C. “You’re feeling really fed up with school today, aren’t you. Come here, give me a hug. Let’s have a cup of tea and talk about what you’re finding so hard.”

I hope you picked C! Empathy means acknowledging your child’s emotions (the good, the bad, and the ugly) even if they don’t make sense to you. You’ll be amazed at how brave they can be once they feel understood and heard. (And they will be much more likely to get up and go to school.)

When you have an empathic response to their distress, a child learns that it is safe to come to you with hard emotions. Not only does this strengthen your relationship, it makes it less likely that they will turn to self-harm or suffer from poor mental health.

Back to our “learning to walk” example, what skills are your children struggling to master? Are you being too helpful or too challenging? Where can you use empathy and give encouragement while allowing them to figure things out for themselves? This an essential parenting skill particularly as kids move through their teenage years and have to deal with more complicated situations, expectations, and emotions.

Being too soft or too hard means you are clipping their wings; using the middle path helps to strengthen them. After all, as Amit Ray wrote, *“A bird is safe in its nest, but that’s not what its wings are for.”*

Dates for Your Diary

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

Tuesday 19th April 2022 – Academy Resumes

Thursday 21st April 2022 – Year 11 Parents’ Evening