



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 4<sup>th</sup> April 2022



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

### Year 8 News – Ms Gbolonyo

#### Year 8 Parents' Evening

On Thursday 24<sup>th</sup> March 2022 Year 8s had their first face-to-face parents evening. Parents and students met with their tutors and subject teachers. The feedback so far has been overwhelmingly positive.

One parent shared that "I liked the number card system." Another parent shared "overall the evening was a pleasant atmosphere".

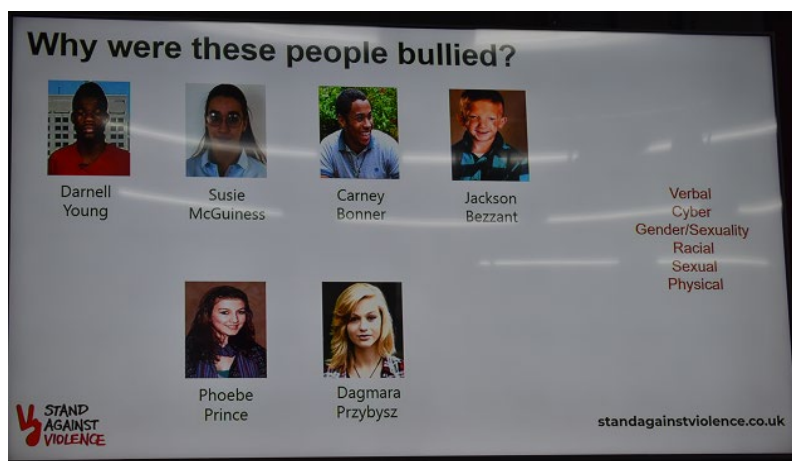
Please do continue to return your feedback forms to your child's tutor. Every feedback is valuable. We had over 70% attendance for this evening. Students were thrilled about the feedback they received from their teachers.

Parents thank you for your on-going support and communication with your child's teachers.

#### Anti-bullying Assembly

On Friday 25<sup>th</sup> March 2022, Year 8 had an additional assembly from an external visitor from the company 'Stand Against Violence'. Throughout the academy year, kindness has been a prevalent theme across the academy.

Students looked at real life case studies, the different forms of bullying; the impact bullying can have on not just the victim but, family and friends. Most importantly, students were reminded of what they should do if they see or experience any form of bullying. Report it! There were several thoughtful reflections shared by students. A special shout-out to Natty (8AMD), Frankie (8AND) and Maxe (8AND) for your great contributions during this assembly.







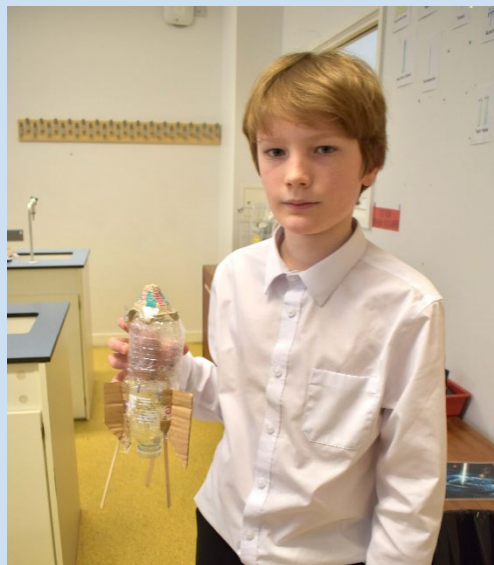
## Thought for the Week

"Don't tell people how to do things, tell them what to do and let them surprise you with their results." George Patton



### Science Club – Mr Clarke

This week's science club exploded into action with students making rockets from bicarbonate of soda and vinegar. The vigorous reaction inside the bottle releases carbon dioxide gas, which increases the pressure inside until the bung is expelled and the rocket soars into the air. While lost in thought trying to think of a good joke for the newsletter during the session, I didn't notice a poorly balanced rocket was flying towards me - and then it hit me.







## Concert for Save the Children Ukraine – Mr Pinder



The PA was humming and the stage was lit. After nearly three years of being unable to perform spectacular concerts, Southfields Academy Music department was back, doing what they do best at St Barnabas Church. The concert, which had 49 students taking part, and twenty songs performed, was an eclectic mix of world music.

There was a rich mixture of musical heritage ranging from classical to blues, from rock to pop, as well as classic songs including 'Hallelujah' and 'La Vie En Rose'. The concert came to a sparkling conclusion with all performers stepping onto the stage to sing a rousing rendition of 'Move on Up'.

The changeovers were seamless and the performers all exuded talent and exuberance. Refreshments and delicious hot cross buns were on offer with a retiring collection for Save the Children Ukraine, which raised a generous amount of much needed money. We are all aware of the heart-breaking incidents currently happening in Ukraine and could not think of a more worthy charity to raise funds for.

Many thanks to Mr Pinder, Mr Q, and Mr Gumble for playing, organising and running the concert in such superb fashion; all very much appreciated by the parents and staff that attended.















## Biology Olympiad Competition – Mr Bhatti

The Biology A-Level department are extremely proud to share that the following Year 13 students represented Southfields Academy this year in the worldwide Biology Olympiad Competition. They competed with over 10,000 students from over 700 schools and is a testament to their love and enthusiasm for Biology.

Waleed Ahmad  
Luis De Mello Antunes  
Jaspinder Dhillon  
Christopher Freakley  
Nicole Grecia  
John Kerr  
Suleman Sharaf

We are delighted to report that both John Kerr and Suleman Sharaf were awarded Bronze in this year's competition. Students will receive a year's subscription to The Royal Society of Biology's Biologist Magazine for their efforts. The magazine contains a wealth of articles and interviews to stimulate any biologist's curiosity.

Congratulations!



### Dates for Your Diary

Tuesday 19<sup>th</sup> April 2022 – Academy Resumes  
Thursday 21<sup>st</sup> April 2022 – Year 11 Parents' Evening  
Monday 25<sup>th</sup> April 2022 – Year 7 Mock Examinations Begin  
Monday 2<sup>nd</sup> May 2022 – May Day Bank Holiday  
Wednesday 18<sup>th</sup> May 2022 – Year 7 Parents' Evening  
Friday 27<sup>th</sup> May 2022 – Academy Breaks for Half Term



## Helping our Girls with Friendship Drama – Ms Ramirez



The post-Covid start to school has been tough on us all. But, oh the girls! As a group, they seem to be having the most trouble adjusting to a return to “normal”. A good number of them are reporting problems with friendships. In fact, it comes up constantly as a reason that children avoid school.

Repeatedly we hear statements such as:

“I tried apologising but they’re still ignoring me.”  
“I trusted them and they told my secret!”

Could it be that they are finding it difficult to navigate the ups and downs of friendship because they simply missed out on developing the tools they need to build resilience?

Growing a more stable, resilient self requires vulnerability. This is not the same as powerlessness! Vulnerability means being willing to feel what you feel, accept the losses when they come, and eventually grow bigger relationship muscles through the experience.

How can you help?

When your child is hurting, see if you can sit with them without trying to fix anything. Can you use empathy to relate to their situation? Can you be brave enough to listen without offering anything more than a shoulder to cry on or a hug? It’s hard to do, but is extremely empowering for young people to discover that they can feel BIG emotions and recover. Think of it as weight lifting for their emotional development!

Once the storm of feelings subsides (never during), it becomes possible to ‘help’ them think about the situation using questions for self-reflection:

- How do you feel about yourself when hanging out with ‘x’?
  - Do you like yourself when you’re around them?
  - What do you have in common?
  - Do you trust them?
  - Are they there for you?
  - Do they add to your life or take from it?
- Imagine this friendship is finished. Do you feel lighter or heavier?
- What would need to happen to make you feel good about this relationship?

Then they can decide if the friendship is good for them and worth working on, or if it’s time to move on.

If your child needs guidance in this area, our pastoral team is well equipped to help. Tell them to speak with any adult they like and trust - they will direct them to the right person to support them. And if you sense they are not sure about who to talk to, let us know so we can help as there is nothing like knowing you matter and are supported.







## Sporting Success this Week – Ms Clark



[Please view the PE Celebration sides by clicking here:](#)

### Y7/8 Football vs Saint Cecilia's

On Wednesday 23rd March, the Y7+8 football team hosted a friendly against Saint Cecilia's. The girls played a standout performance with a total of 7 goals scored. The team has great attitude, enthusiasm and worked well as a team. Massive well done to Mia Halley on being women of the match. The final score finished 7-1. The girls should be very proud of themselves.



### U15 Football vs Ashcroft

On Thursday 24th March the U15 girls' football team hosted a friendly against Ashcroft.

The girls played a standout performance with a total of 11 goals scored. The team has great attitude, enthusiasm and worked well as a team. Massive well done to Wiktorija Dadok for being women of the match, this is due to her coming to football regularly every week and her resilience is starting to show in her performance on the pitch. The final score finished 11-2. The girls should be very proud of themselves. Special mention to team Captain Nevaeh Taylor for always motivating her team, giving them excellent team talks and being an amazing role model for girls' football.

### U16s Basketball team vs Charter College Dulwich

A massive well done to team captain Kevin Williamson on yet another stand out performance for the basketball team. On Friday 25th, the team hosted Charter College in a GCSE moderation game. The boys analysed the situation within the first 5 minutes and after the first 2 quarters started to gain a 20-point lead. We saw some lovely passes and 3 pointers from a range of the players. The boys have won every game they have played this term and led by Coach Cameron the boys continue the title of the best Basketball team in Wandsworth. The boys continue to be committed and come training every week and this shows in their attitude, resilience and determination. Well done to the team. Final score 71 - 48.



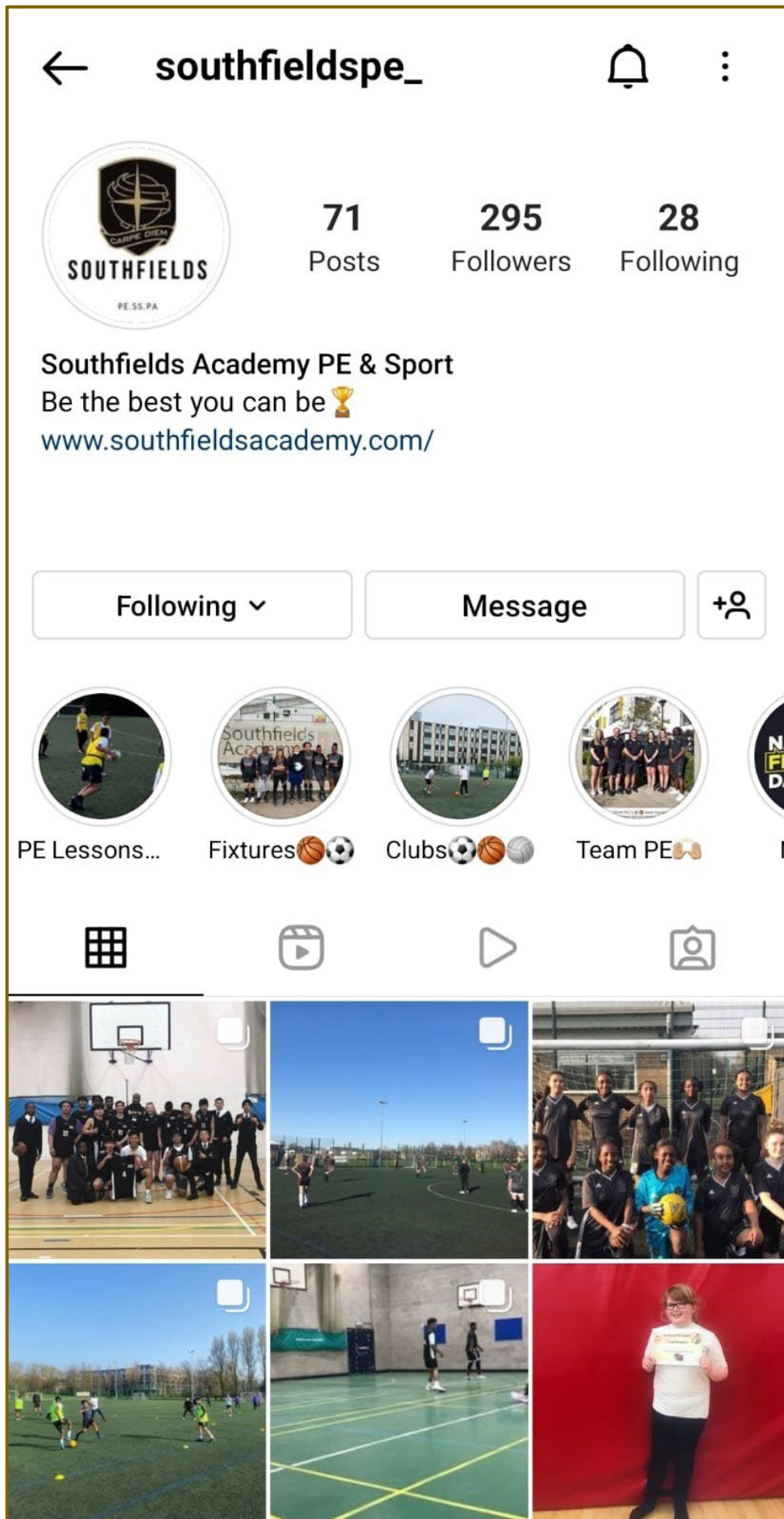




## Southfields PE Instagram & Twitter account



Follow our Southfields PE Instagram & twitter account for the latest on our PE lessons, sports fixtures and extra-curricular clubs. Team PE will be using these accounts to give you regular updates on our sporting celebrations and exciting new opportunities.



### Easter Break

The Academy takes this opportunity to wish all parents / carers and students a safe and restful break.