



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 25<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.

### Academy Hosts Magazine Video Shoot Starring Former Student

This week the Academy corridors were a hive of activity and filled with stylists, a large film crew and numerous other production staff who were on site for a fashion video shoot starring former student and current West Ham footballer, Michail Antonio.

The shoot began around the pool, where Michail was a lifeguard when at school, moved into the Academy grounds and then the local area to chronicle Michail's journey from Southfields student to professional footballer. Two other former students were also involved in supporting Michail - Kenny Annan-Johnathan, his agent, and Grace Tekera.

During the shoot there was time for Michail, Kenny and Grace to have a reunion with some of their former teachers and tutors, as well as the Principal, Ms Valin, who were all delighted to welcome them back to the Academy. Students, too, got the opportunity to meet Michail and also to see behind the scenes on a fashion shoot.





# Thought for the Week

Without initiative, leaders are simply workers in leadership positions. - Bo Bennett



## Science Club – Mr Clarke

In this week's science club, students harnessed the power of elastic bands to make rudimentary clockwork racers from cotton reels! Elastic bands were fed through the cotton reel and tied to pencils, such that when the pencil was spun the elastic band would store potential energy, converting it to movement or "kinetic" energy once released. After following the instructions and building their racers, students then attempted to beat the teacher in a drag race. When I was soundly beaten, this of course really wound me up...




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### Dates for Your Diary

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



## Lunch or Junk? What does your child choose? – Ms Nearn



The halls are bustling, the sun is shining, and Easter break is behind us. Most students arrived back for the new term well rested and re-energised, but just a few days in, some kids were already flagging. On Wednesday a student complained that they were worn out from their period one PE class, and struggling to stay alert and focused in class. They are 12 years old!

After a few questions, the student in question revealed that they don't normally eat breakfast and they spend their £2 daily pocket money on a chocolate bar and a sweet drink from the corner shop rather than on school lunch. That's all the fuel they get for a full day at school - sugar, sugar, and more sugar.

Parents, we have a problem.

Many of our students do not understand the basics of nutrition. I explained to this child that if our proverbial "petrol tank" is empty then of course we run out of energy! And it's not just a matter of calories in/calories out - the quality of the calories also matter. (You wouldn't put cheap petrol in a Lamborghini, would you?)



In this case, the student agreed that they would talk to their mum about lunch options, and make a sandwich before bed so at the very least they'd have something nutritious to start the day with even if they were in a rush. Whole-grain bread with some form of protein and fat (peanut butter or cheese, for example) makes a great, portable breakfast. A hard-boiled egg and a piece of fruit is another easy win in the morning.

You obviously can't monitor your kids once they leave the house, but you can do your part to make sure they understand what healthy food options look like, and that they have access to them. This diagram shows the optimal ratio of different types of foods for a healthy diet. Notice that there is not a section for sugary snacks or processed foods, including sweetened "breakfast bars" or cereals!

**“What and how children eat can affect their mood, behaviour and learning. The best diet is one that includes a regular eating pattern and a variety of foods.”**

[The Association of UK Dietitians](#)

None of us eat a perfect diet all the time, but I like to tell students to follow the 80/20 rule: as long as 80% of their diet is healthy, go ahead and indulge for the other 20%. Check in with your child and find out what their food day looks like. Working together you can improve their energy levels, their ability to focus in school, and their health with simple shifts in the way they eat. There is also a link between nutrition and mental health and brain development, so eating better really is the foundation of overall wellbeing.

# Wandsworth Music's Music Therapy Saturday Clinic

## What is Music Therapy?

Music therapy is the well-established, evidence based clinical use of musical interventions to improve well-being and quality of life. Our music therapists support young people to reach their full potential, building confidence and developing physical, emotional, mental and social well-being. Music Therapy sessions focus on communication using sound (using instruments and the voice), which enables the client to communicate and express themselves.

## Who can benefit?

Our therapists work with young people experiencing a range of difficulties, which might include:

- Learning difficulties
- Communication difficulties
- Emotional difficulties
- Behavioural difficulties
- Loss and bereavement
- Distressing, traumatic experiences



## About Us

Our Music Therapists are skilled musicians and professionally trained, qualified Music Therapists (Postgraduate Diploma/MA). Our therapists are state registered under the Health and Care Professions Council and work to the code of conduct set out by the British Association for Music Therapy.

All music therapists engage in regular clinical supervision and update their skills through continuing professional development and training.

## What happens in a music therapy session?

In a typical music therapy session, the therapist and child will use a wide range of instruments and singing to take an active role in playing and listening. The music is largely improvised although a music therapist will often use pre-composed songs or song writing activities tailored to the individual child.

Prior musical experience is not needed, the focus is on the child exploring and using the instruments in their own unique style. The music therapist will use their own musical and clinical expertise to support and respond to the child.

As a trusting therapeutic relationship is formed, the child and therapist can reflect on and process difficult themes and emotions as they arise. They are also able to experience together the joy of communicating without the need for words.

## Music Therapy Fee:

1:1 Music Therapy sessions are available at Wandsworth Music's Saturday Clinic. The clinic runs during term time only.

Music Therapy is delivered in blocks of **10 sessions per child**

**45** minutes allocated per session - **30** minutes of clinical time with the therapist and **15** minutes for the session notes to be written at the end of each weekly session

The fee is **£450** per child per 10 session block

The fee is payable **before** the block of 10 sessions begins

You will be contacted by our finance team with information on how payment should be made.

To make a referral please follow the link below.

[Microsoft Forms](#)

For more information or a general enquiry, please email: [musictherapy@wandsworthmusic.co.uk](mailto:musictherapy@wandsworthmusic.co.uk)