



Southfields Academy Weekly Newsletter

Week Commencing Monday 30th May 2022



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

Year 7 and 8 Kingswood Trip- Ms Gbolonyo

Residential trips are back! What an amazing weekend students in Year 7 and 8 had!

On Friday 20th May 2022, Mr Shillingford, Ms Stearn, Ms Boothe, Mr Samuels, and I took 45 students to Kingswood Grosvenor Hall in Kent.

On arrival, students were faced with their very first challenge and set the task of working as a team to build a buggy made with barrels, ropes and a plank of wood. Students came together and shared tips and ideas to make the buggy move.

Mr Samuels and Ms Boothe volunteered to test out their buggies and lived to tell the tale!

In the evening students returned to their rooms and were set another challenge- to make their own beds! Students had to put their duvet cover and sheet linen on!

Again, students came together and worked as a team. I am certain they will continue this skill at home. The fun did not stop there. Students then set off in their teams and competed in an indoor Mini-Olympics! The atmosphere was incredible.

Over the weekend, students had the opportunity to do the following activities:

Buggy build, bushcraft- shelter building, archery, quick zip (zip line), nightline obstacle course, mini Olympics, quiz, aeroball, orienteering and last but not least, the leap of faith.

All students demonstrated independence, teamwork, resilience and confidence. In some cases students shared how proud they were, that they faced their fear of heights.

Each student represented Southfields Academy and made us proud. The level of support and kindness they demonstrated was phenomenal.

A special thanks to all staff and students for making this a memorable weekend!

Students were asked to share their highlights from the trip. Please see some of our students' memorable experiences.



Codi Weston 8AMD- "The highlight of my weekend was getting know each other and the team work. My favourite activity was the 'quick zip.'

Chloe 7GRH "This weekend was amazing. I enjoyed the leap of faith, zip line and nightline activity. On the Zipline activity I was able to overcome my fear."



Cara 7DRN- “I really enjoyed the buggy build where we had to use wood planks and wheel barrows to build a vehicle.”

Jenna 8HUN- “I really enjoyed archery and the leap of faith. I used skills such as team work”



Ella 7DOD “I enjoyed the nightline, leap of faith and zip line because the activities were thrilling and pushed me past my limits.”

Oliver 8HUN “My weekend at Kingswood was exciting. I used skills such as communication friendship, map reading skills”



Scarlett Spencer 8LEN:

I personally think that Kingswood was an extremely fun experience. I got to connect with friends and meet new people, and make new friends. This trip has also helped me face my fears as well as help me develop better leadership skills.

It was also nice to get away from home to experience new things and just have fun general. Thank you to all the teachers who took us, staff working there and all my friends."





Thought for the Week

Initiative is as essential to success as a hub is essential to a wagon wheel. -
Napoleon Hill



Science Club – Mr Clarke

As a special end-of-half-term treat, this week's science club featured our very own escape room! Students were challenged by a series of riddles, puzzles and conundrums in order to find the key to the lab and escape the science department.

Clues included camouflaged creatures, the periodic table of elements and an iPhone! HR have informed me that I must stress no students were locked in any labs as part of this activity. Luckily, they didn't realise that all doors can be unlocked from the inside without a key...





Colombian Music Workshop - Mr Pinder



Thanks to the Music Department's links with the World Heart Beat Music Academy, thirty Year 7 and Year 8 students had the opportunity to savour an aspect of Colombian music, dance and culture.

The music department hosted a workshop by Mr Klaje, a Colombian music group who create instruments from recycled materials. The group was led by their award winning frontman and teacher, Yeiner Belalcázar Paz, better known as "Candyman".

The practical session saw the students fashion percussion instruments from recycled jumbo-sized food tins and take part in singing traditional Colombian folk songs, spoken word poetry, traditional Colombian village dance as well as beat some really complex poly rhythms. The workshop culminated in a call and response drum and woodwind jam.





Colombian Music Workshop continued....



Dates for Your Diary

Monday 6th June 2022 – Academy Resumes
Friday 17th June 2022 – IEAP Day
Monday 27th June 2022 – Year 10 Mock Examinations Begin
Thursday 30th June 2022 – Year 11 Prom
Friday 1st July 2022 – INSET Day
Monday 4th July 2022 – Platinum Jubilee Bank Holiday
Thursday 7th July 2022 – Year 13 Leavers' Prom



Five Winning Ways to Wellbeing – Ms Nearn



Life is full of things we can't control that affect our wellbeing and mental health. Thankfully, there are also many things we **can** control!

During half-term, see how many of these five healthy habits you can incorporate into your life. You will be helping yourself *and* role-modelling good self-care to your kids.

1. **Connect:** Reach out - talk, listen or write to friends or family. Cultivate connection!
2. **Be Active:** Move your body to move your mood. Take a walk, go to the gym, or just dance around the kitchen!
3. **Take Notice:** Stay in the present - pay attention to what gives you joy. Notice the bird song, pet an animal, or stop and smell the roses - literally!
4. **Give:** Give your time, your words, and your presence to another. Visit a lonely neighbour, volunteer, or offer to help a friend with their kids for an afternoon.
5. **Keep Learning:** Embrace new ideas and opportunities - watch a documentary or try something new!

Good physical and mental health are cultivated daily. Keep practising!



Sporting Success this week



Wandsworth Game changer

Congratulations to Nevaeh Taylor on becoming Barclays Game Changer for girls football. She hopes through empowering girls football that her voice will be heard and we can continue to make a difference at Southfields Academy and give girls equal opportunities in football. She has been an amazing captain this year and inspired her team and younger year groups that everyone can play football.

We wish her luck for the future. Keep making a difference!!!

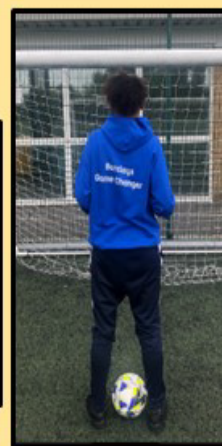
#bethebestyoucanbe #girlsfootball #girlsfootballproject #gamechanger

#Wandsworth

U15 girls football vs Saint Cecilia's

It has been an unreal season for the girls U15 football team. We have been able to hold a number of fixtures, play in the London cup and have some of our Y7/8 students playing 11 aside football. The girls have progressed so much since September and it has been amazing to watch. The girls played their last school game of the season today against Saint Cecilia's and what a game it was. The girls stuck to the formation, played the ball wide and got a lot of crosses in the box!! Well done to the girls for scoring 8 goals in the whole match!! 6 of which were scored by our striker Kayda Townsend. Well done to our keeper Franchesca Andrews for keeping a clean sheet in the game and saving an unreal penalty from the other team.

Well done girls on a great performance. I am very proud of each and everyone of you for your hard work, commitment and resilience this season. Ms Clark





BASE YOUTH CENTRE

33-35 Danbury Avenue
Roehampton, SW15 4DQ

Free half-term
activities!

Monday 30th

Bike Workshop - Alton Activity

- Time 1.30-5pm
- **Free Service**
- Puncture repair
- Gear checked and setup/adjusted
- Tyres inspected
- Chain degrease and lubricate
- Minor buckles

All welcome just drop-in throughout the day!

Pool Competition 2-4pm

Arts & Craft - 3-6pm

Baking - 4-6pm

Tuesday 31st

Canvas art project 3-6pm

Cooking sessions 2-5pm

Royal Quiz - 2-3pm

Snacks
Provided

Wednesday 1st

Drop-in Art/Craft/Games

Canvas art project 1-3pm

Cooking - 2-3pm

Drop-in Games night 1-7pm

Pool competition 3-4pm

For more information, contact:

Sandra Davis: 07870 545 626
Sandra Wright: 07904 152 725



Summer Term 2022 Open Events

Tuesday 7 th June	09:00-10:15
Wednesday 8 th June	09:00-10:15
Tuesday 14 th June	09:00- 10:15
Wednesday 15 th June	09:00-10:15
Tuesday 21 st June	09:00-10:15
Wednesday 22 nd June	09:00-10:15

Southfields Academy welcomes prospective students and parents to our community to find out what makes it special.



www.southfieldsacademy.com



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