



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 13<sup>th</sup> June 2022

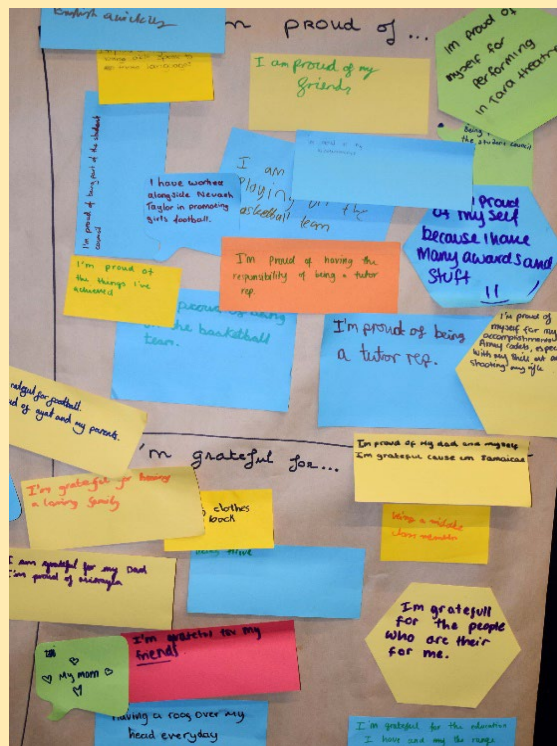


**Ethos statement:** We believe that through individual commitment, self-discipline, integrity and respect for others, we inspire everyone to learn.

### Critical Thinking Workshop – Ms Nearn

On Monday, tutor reps from Years 7 to 10 spent the morning in workshops designed to help them learn to think critically and creatively to affect change. Being able to translate general ideas into specific actions are important skills for both the student council and life!

Josie and Connor (a Southfields Academy alumnus!) from Participation People led the workshops and gathered ideas about what changes students would most like to see. Years 7 and 8 focused on improving school lunches and having a choice of indoor spaces for break times, while Years 9 and 10 focused on improving relationships with teachers.



### Dates for Your Diary

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





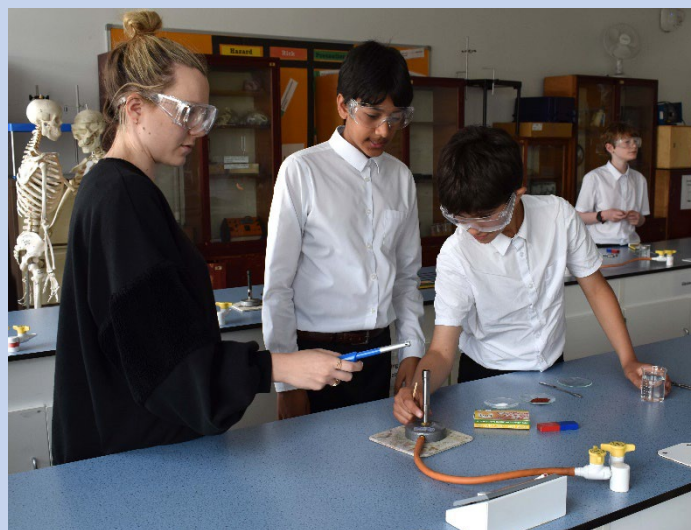
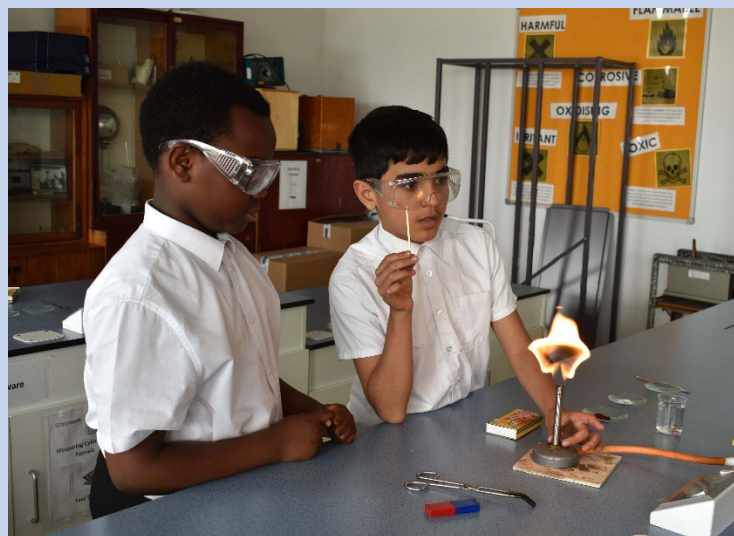
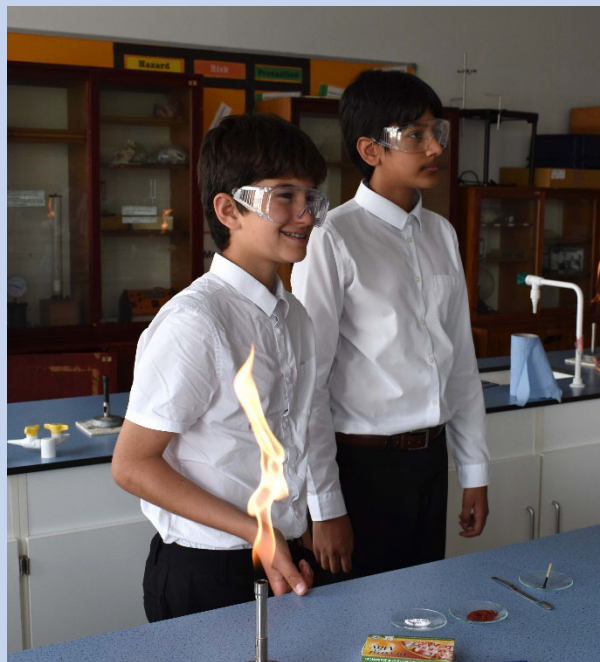
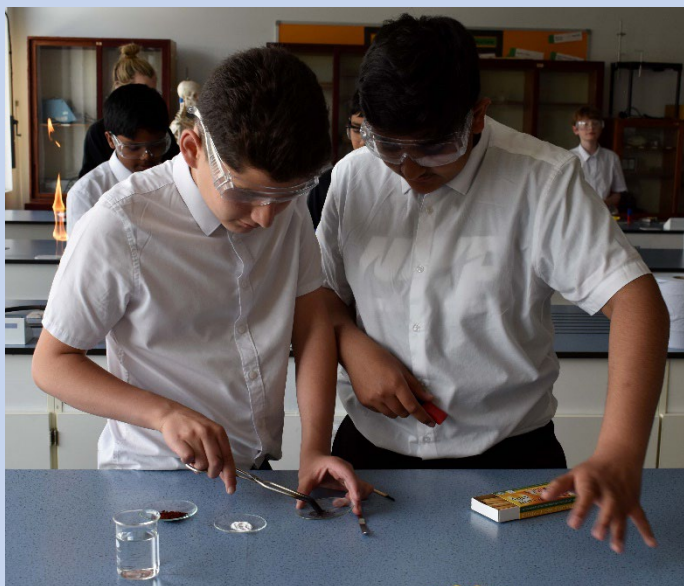
## Thought for the Week

Success depends in a very large measure upon individual initiative and exertion, and cannot be achieved except by a dint of hard work. - Anna Pavlova



### Science Club – Mr Clarke

In this week's science club, students extracted iron from iron oxide and sodium carbonate. During this small-scale example of metal extraction students demonstrated that carbon is more reactive than iron, therefore it "grabs" the carbonate, leaving pure iron on the match. A prize was given to the student who could make the best piece of art from their iron - the prize went to an excellent rendition of a fe-line...







## Chelsea Football Tournament – Ms Clark



On Friday the 27th May the U15 football team was given a once in a lifetime opportunity to play football on a premier league pitch. We travelled by train to Chelsea's home ground Stamford Bridge to play in a tournament for football clubs but the girls, due to their ability, were the only school team there. The girls were playing where their heroes once played such as Mason Mount, N'Golo Kanté, Fran Kirby and Sam Kerr once played.

The girls drew 1-1 in their first game and showed determination and resilience to win their second game 3-0. The girls supported each other and showed excellent sportsmanship and kindness towards other teams as well as each other. The girls came first in the group stage and went on to play an extremely difficult team in the semi-final. The girls were doing very well but the other team clawed back to draw 2-2. The match went to penalties, something the girls haven't had an experience of. Sadly, the penalties didn't go our way and we were knocked out in the semi-final. It was an emotional end to the tournament but as I told the girls on the day. You have had an opportunity to play on Chelsea's home pitch and no one can take that away from you. The girls put up a good fight to get a medal to come third out of 6 teams in the tournament.



The whole tournament was amazing and I had a wonderful time watching you all play and seeing some brilliant shots, passes and saves being made. The whole experience was truly once in a lifetime and I am glad I took you to be part of it. You are all amazing footballers and women and demonstrated so many great qualities yesterday. Your resilience, attitude and teamwork is something to admire and your sportsmanship towards other teams showed how kind and respectful you are.

So proud of each and every one of you: **Nevaeh Taylor, Lily Walters, Franchesca Andrews, Leona Cole, Ajla Vukalic, Kayda Townsend, Blu Halley-Hutson, Tanzila Rahman !!!**

**Ms Clark**







## 'Emerge' digital music workshop – Mr Pinder



On Monday 6th June 2022, a selected group of Year 10 GCSE music students and Year 12 students took part in an 'Emerge' digital music workshop. The workshop was designed to give students an insight into 'Building Sustainable Careers in Music', including a hands-on introduction to mixing [the process of combining and optimising multi-track recordings into a single polished track], setting out mixing key elements as well as the building blocks that make up a finished song.

The workshop offered advice regarding opportunities and careers within the music industry. The 'Emerge' workshop was led by Anjelo Disons, an exciting new voice for the Jazz and Soul scene.

Angelo is a multi-instrumentalist, a founding member of the Jazz collective 'The Oracle' and has worked and recorded with leading artists such as Calvin Harris, Emile Sande and Julian Joseph.

Further to the workshop, students will be supported in their creative endeavours and given the opportunity for work experience.







## Year 9 Workshop – Ms Donkor



I would like to say a massive well done to the Year 9s who participated in a wonderful workshop run by the Loud-Mouth company. The students watched two performances based around exploitation, knife crime and drug abuse and took part in a workshop where they were able to further explore these topics in groups.

I am very proud of how well they conducted themselves. They were mature when discussing sensitive subjects and asked constructive questions. The visitors were blown away by how well the Year 9s behaved and their level of participation and said "this was the best group of students they have delivered this program to."



## How to Listen – Ms Nearn

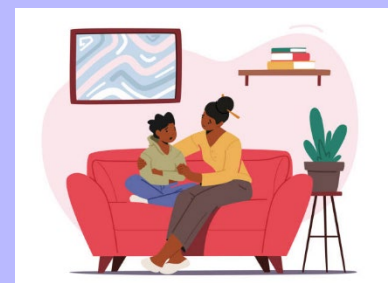
When your child wants to talk to you about something that is bothering them, it can bring up all sorts of “Am I doing this right?” feelings, particularly if they are talking about something difficult. Children don’t arrive with an owner’s manual, and you may wonder, should you ask for more information? Give advice? Or just listen? On top of this, you’re busy; you’re distracted; you’re doing your best. Giving your full attention may feel impossible. However, to support the emotional wellbeing of your children, listening - really listening - is essential. How is it done?

“Genuine listening requires that you willingly bear witness to what someone else needs to say while simultaneously sparing them of your own solution, defence, dismissal, alternative reality, rebuttal, counterpoint, comparable story or more extreme example.

“This kind of listening is a very ‘active’ part to play in a conversation. You have to believe for those moments that none of the things you might say could possibly be as valuable as hearing someone out.

“You may need to employ every ounce of your strength of character to actually pay attention and not butt-in with your own bit. That kind of attention paid to another is powerful medicine.”

~ Gil Hedley, Integral Anatomy



One huge benefit of genuine listening is that it can deepen your connection to your child and make them more likely to come to you when they struggle with big feelings or problems. In an age where self-harm and poor youth mental health are endemic, this is essential.

Listening more and saying less requires no special skills, but it’s not easy. However, the more you practise the more you will be able to give your full attention while parking your own half of the conversation. (Genuine expressions of empathy and hugs are of course encouraged!) You can learn more about emotional wellbeing in general by downloading our [“Mental Health & Emotional Wellbeing and Butterflies”](#) booklet. And if you feel your child needs extra support, please remind them to speak to their tutor or Ms Nearn.



## Lily Waters, Y10 (Hearing Support Centre): England Football Camp Under 21s

### What I did at the camp:

On May 7<sup>th</sup> and 8<sup>th</sup> I travelled four hours to Lilleshall National Sports Centre for the mixed under 21s England camp. We were there training for the Paris Olympics in 2024. This includes fitness, shooting, quick footwork and especially gym workouts. It was very exciting but exhausting at the same time. The sessions go on for three hours!



### How I got in:

Back in November 2019, I started training with the Chelsea Foundation and after a while I transferred to Fulham Foundation and trained every Tuesday. I soon got called up for the England trials. This involved a training session and a match. In August 2021, I was selected for the mainstream and then transferred to the deaf team.

### My advice for young players:

- Never give up.
- Focus on your goals (I don't just mean football goals but your ambitions).
- Find a good role model and learn how they became successful.
- Always try your best.
- Don't let anything stop you (I wear hearing aids but that doesn't bother me as I let my feet do the work).

## Year 12 News – Ms Hess

After a year of new challenges, our Year 12 Level 2 students have now completed most of their courses. Their maths and English GCSE exams will be finished by next week Monday with only the Catering exam left at the end of June. Final results will be available on the 25<sup>th</sup> August.

The student leadership team has been busy helping supervise break times, supporting open mornings and leading on KS3 competitions at break times. They have been praised by members of staff as having great presence amongst younger students and for being excellent ambassadors for the school.

We are very proud of one of our Level 3 students who managed to secure a highly competitive internship with Deloitte and she has been given a laptop.

### Summer Term 2022 Open Events

Tuesday 14 <sup>th</sup> June	09:00- 10:15
Wednesday 15 <sup>th</sup> June	09:00-10:15
Tuesday 21 <sup>st</sup> June	09:00-10:15
Wednesday 22 <sup>nd</sup> June	09:00-10:15

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



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