



Southfields Academy Weekly Newsletter

Week Commencing Monday 20th June 2022



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

Year 13 News – Mr Browne

Unconditional offer from the University of Oxford

Early in June, one of our sixth form students, Samina Miakhial, received an unconditional offer from the University of Oxford to read Psychology as an undergraduate. Furthermore, the University has offered her the opportunity to study for a Masters Degree when she's a postgraduate.

There are more than 25,000 universities around the world, and the University of Oxford is ranked number one. So it's hard to overstate just what a remarkable achievement this is. You're probably more likely to be struck by lightning than to receive an unconditional offer from such a prestigious university!

Samina joined Southfields Academy at the start of Year 12. She has worked tirelessly to ensure she always obtains the highest grades. Samina also passed a rigorous assessment to join the Social Mobility Foundation Scheme, and it was through this scheme she was able to complete various university modules that, ultimately, propelled her to the position she finds herself in now.

We wish Samina the best of luck when her degree course starts in September.

Wimbledon BookFest – Mr Peck

On Tuesday 14th June, 50 Year 7 students travelled up to a marquee on Wimbledon Common to hear the author, Alex Wheatle, speak at the Wimbledon BookFest's Sunrise Festival 2022.

The students were treated to an animated telling of the author's inspiring backstory – his experiences of growing up in care, the discovery of his passion for reading and writing during his time in prison and his reunion with his family later in life. Alex spoke about how these incredibly challenging life experiences fuelled his passion for writing and helped him to discover his writer's 'voice'. Alex also spoke to the audience of schoolchildren from across Merton and Wandsworth about the latest of his 17 novels.

Our students were delighted to receive their own copy of 'Kemosha of the Caribbean' to take home with them. All were a credit to the Academy throughout the trip and asked some fantastic questions in the Q&A session at the end.

I hope you enjoy reading your copies of the book, Year 7!



WIMBLEDON BOOKFEST

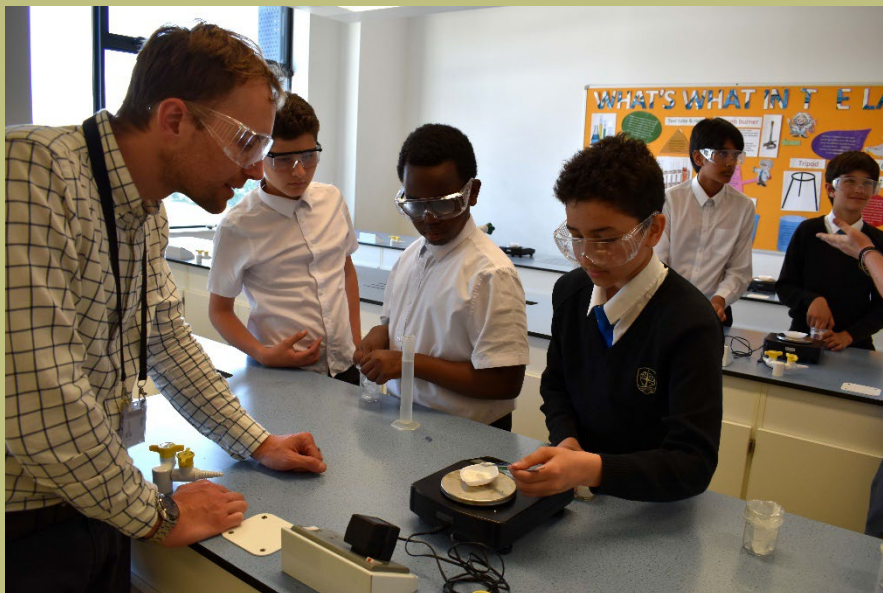
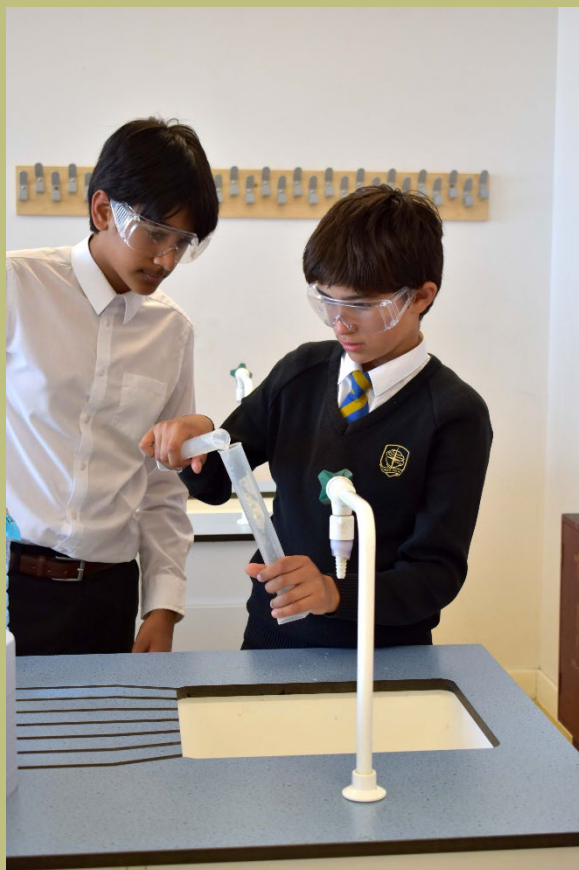
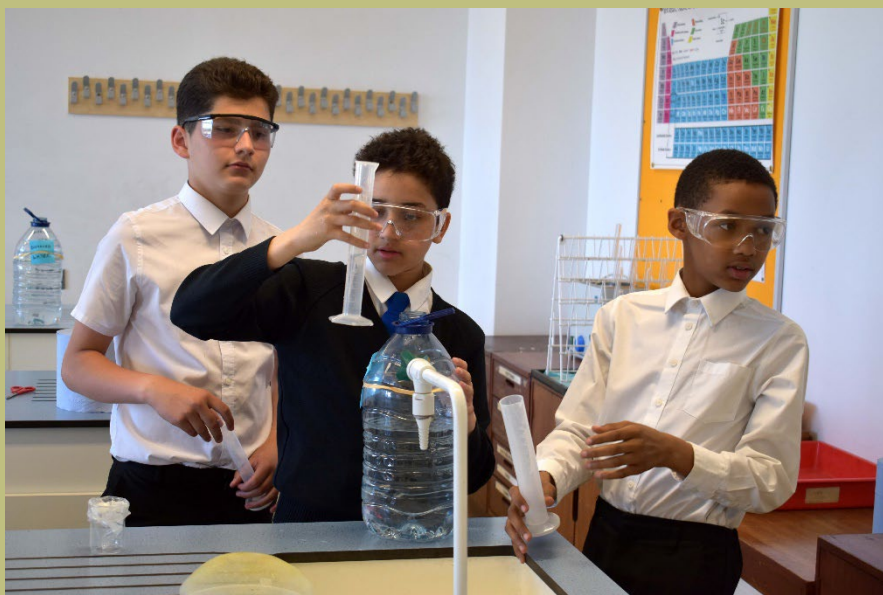


Thought for the Week

They always say time changes things, but you actually have to change them yourself. –
Andy Warhol

Science Club – Mr Clarke

In this week's science club, students explored the science of exothermic - that is, heat-releasing - reactions by making their own hand warmers! That's right - just as we're set to hit 30 degrees for the first time this year, students are making sure they have something handy (get it?) to warm up their mitts. Students first investigated just how much calcium chloride was needed for optimal warmup so as not to burn the hands before carefully weighing this out and devising a slow release mechanism. Next on the agenda is to devise a more suitable hand cooler!



Dates for Your Diary

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



Sporting Success this week



Y8 Sporting Success

Well done to Christian Cummings who took part in the Kayaking and Rowing events last weekend at Royal Victoria Docks as part of the sea cadets program. He came 1st in one of the kayaking races and 2nd in the other. He also took part in a rowing race and came 2nd. It is lovely to see so many of our students taking part in sport outside of school.

On Tuesday 14th June three students from Southfields Academy were selected to represent Wandsworth in the athletic championship due to their excellent efforts in the school event few weeks ago. This was an amazing opportunity for the students to go to Mile End and compete against other athletes. Isaiah won his event and went on to come 2nd in the final. Rakaiya and Dahmani also did extremely well for Y7 in their first national event.

We are very proud of the students and their achievements.

#BETHEBESTYOU CAN BE



National Sports' Week – Mr Sia

Next week we will be celebrating National School Sports Week where we will offer an additional menu of alternative activities at both break times for various year groups. There will be staff challenges and Staff vs Students competitions as well. Please see the menu to see where and when activities take place for your year group.



SOUTHFIELDS NATIONAL SPORTS WEEK MONDAY 20TH – FRIDAY 24TH



	Venue	Activity	Break one	Break Two	Member of Staff
Monday	<ul style="list-style-type: none"> Sand pit Basketball Court Sports Hall 	<ul style="list-style-type: none"> Tug of war (Teams of 4) Rowing Challenge Basketball 	Year 7 All Years Year 9	Year 8 Girls only Year 10	Mr BCE Ms LEN Mr Cameron
Tuesday	<ul style="list-style-type: none"> Sand Pit Basketball Court Sports Hall 	<ul style="list-style-type: none"> Tug of war Rowing Challenge Basketball 	Year 9 All Years Year 8	Year 10 Girls only Year 7	Mr BCE Ms CAR Mr Cameron
Wednesday	<ul style="list-style-type: none"> Astro Sand Pit 	<ul style="list-style-type: none"> 100 m Skipping Challenge 1 min 	Year 7-8 Year 9-10	Year 9 -10 Year 7-8	Mr BCE Ms CAR
Thursday	<ul style="list-style-type: none"> Astro 	<ul style="list-style-type: none"> Football Challenge 	Year 9	Year 10	Mr MMB Mr PLT
Friday	<ul style="list-style-type: none"> Astro 	<ul style="list-style-type: none"> Football Challenge 	Year 8	Year 7	Ms LEN





Year 8 Menstrual well-being in Yr8 PSHE – Ms Molloy

All Year 8 students are currently recapping their understanding on menstrual health and well-being, as well as examining the options for period management. To support our girls they will each receive an envelope with free pads, a tampon starter kit and a reusable fabric pad purchased for them to help kickstart this environmentally friendly alternative. All the packs come with a parent and teen dialogue information sheet to prompt discussion and answer any questions. We hope this will be of help in supporting our girls' health and well-being.

Dads and Daughters: A Special Bond Ms Ramirez



With Father's Day around the corner, let's celebrate a relationship like no other - dads and daughters. Research suggests that a strong bond with her dad will benefit a girl throughout her life, making every area better, stronger, and healthier. Some examples of this impact - that by the way contribute to regular school attendance are:

- Greater self-esteem
- Delayed sexual activity
- Higher levels of sociability, confidence, and self-control
- Getting better grades at school
- Less likely to act out in school or engage in risky behaviours in adolescence
- Less body dissatisfaction
- Significantly fewer suicide attempts

The father/daughter bond is built on time, talk, and unconditional love. Grounded in one-to-one time, conversations between dads and daughters are like seeds planted that will flourish later. A daughter who feels she is listened to, respected, and valued, will learn to feel that way about herself (and her future relationships will reflect this.) The reverse is also true: If she feels judged, overlooked, or unworthy of her father's love, she will doubt her value as a human being and may be unable to form healthy relationships with men.

When life presents difficult choices regarding sexual relationships, drugs, or alcohol, having a close relationship with her dad can help a girl have the self-confidence needed to make wise decisions. So thinking of your own daughter, on a scale from 1-10, how close is your connection with her? And if you asked her the same question, what might she say?

Having uncomfortable conversations is part of parenting, especially during the teenage years. As a father, being willing to talk about issues such as risky behaviour (vaping, smoking, drinking, self-harm), mental health, sexuality, sexual harassment, or troubles with peers is a vulnerable choice for both you and your daughter. Are you up to the task?

At the other end of the spectrum, your daughter may want to express her wishes and hopes for the future. Are you able to listen and accept her vision for her life without judgement or agenda (even if you disagree)? When you are able to do so, she receives the message that she is worthy of being listened to; her dreams are respected; she is loved.

"The truth is, when a woman is listened to, she stands upright with greater self-confidence. And if the one listening to her is her father, the power of this reality increases exponentially." ~ Dr Michelle Watson

If you'd like to improve or deepen your connection with your daughter, consider how you communicate. Some tips for having great conversations include removing distractions (yes, phones off!), leaning forward while listening, nodding with acknowledgment, asking questions, and responding warmly. Good luck, and Happy Father's Day.