



Southfields Academy Weekly Newsletter

Week Commencing Monday 25th July 2022



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

Talent Foundry Workshop – Mr Olumegbon

The Talent Foundry delivered a 5-day workshop called Life Skills created with Barclays to the Year 10 students who did not go out for work experience.

Topics included CV writing, interview techniques, developing an enterprising mind-set, in addition to opportunities to develop core transferable skills such as problem solving, creativity, and being proactive.

The students all participated in the workshop and were furnished with the knowledge they need to make the transition from education to the job market.



Thought for the Week

When we succeed, we succeed because of our individual initiative, but also because we do things together. - Barack Obama



Year 10 Drama – Ms Perera



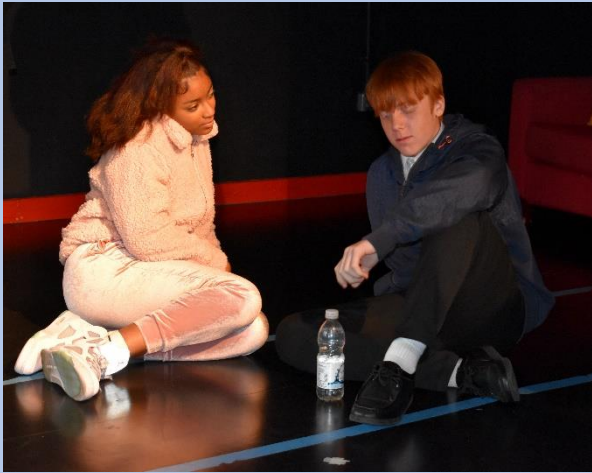
The Year 10 drama students made their debut at the end of this term. After an entire academic year working on scripted and originally devised performance the Year 10 GCSE and BTEC class finally smashed their performances in front of the largest supporting audience the drama department has ever seen.

Students have spent time researching and developing original storylines hitting emotive topics such as toxic masculinity, gender stereotypes, abusive relationships and discrimination. The students really displayed their passion when performing, managing to challenge opinions and perspectives of audiences.

Well done to all the Year 10 drama students!

GCSE Drama Performance





BTEC Drama Performance



Year 9 Theatre Festival – Ms Perera

F9CE Fest made its annual return - Our Academy's summer year group theatre festival. Year 9 students were professional, organised and committed during this outdoor experience. From costumes to characters, the students really performed comedic and well-prepared performances from a range of different professional extracts.

What a great end to the year and a great way to say farewell to many talented year 9 students!





Accelerated Reader - Mrs Litwin-Roberts, Librarian

Massive congratulations to our Year 7, 8 and 9 Accelerated Reader (AR) Word Millionaires. A fantastic achievement.

Since September 2021, the following students have read at least one million words each and passed numerous AR quizzes.

Year 7

Jazib Ahmad
Louis Antilli
Israa Cherraki Aqim
Iris Deliallisi
Daniel Henok
Henry Dominic Henry
Pelham Miller

Year 9

Jamie Beadle
Dona Colonne
Bianca Didulescu
Angelina Gil

Year 8

Mariam Omotolani Abbas
Maham Akram
Daniela Alonso Lorenta
Maxe Apilado
Preston Archambaud-Chao
Alan Bielecki
Agron Deliallisi
Saad Dogar
Nastaran Haidary
Yasaman Haidary
Yucub Hussein
Yusra Idris
Flavio Cesar Millan Cacundes

Gusts Petersons
Kavinran Puthuvlakan
Tavis Sasheikumar
Melody Stanley
Nizar Titane
Aarron Walker
Hector Weir

KS3 Achievement Assemblies and Year 9 Graduation Ceremony

Heads of Year 7, 8 and 9

Thank you to all the students and staff that took part in the end of Year 7 and 8 achievement assembly and Year 9 graduation ceremony. See all the photos at the end of this piece!

It was such a delight to see students receive their awards ranging from 100% punctuality and attendance to their effort and attainment in lessons. This is testament to all their incredible work this academic year.

We had wonderful musical and dance performances from some of our very talented students.

Student Voice- End of Year Survey

KS3 students completed surveys and shared some of their highlights from this academic year, Students also reported that they are looking forward to the next academic year!

“My Achievements”

“Running 800m in PE”

“My exam results”

“Reaching the top 10 positive list”

“Kingswood Trip”

“Meeting new people and improving in my lessons”

“Performances throughout the year”

“Winning the Jack Petchey Award”

“Laughing with my friends”

“The University trip”

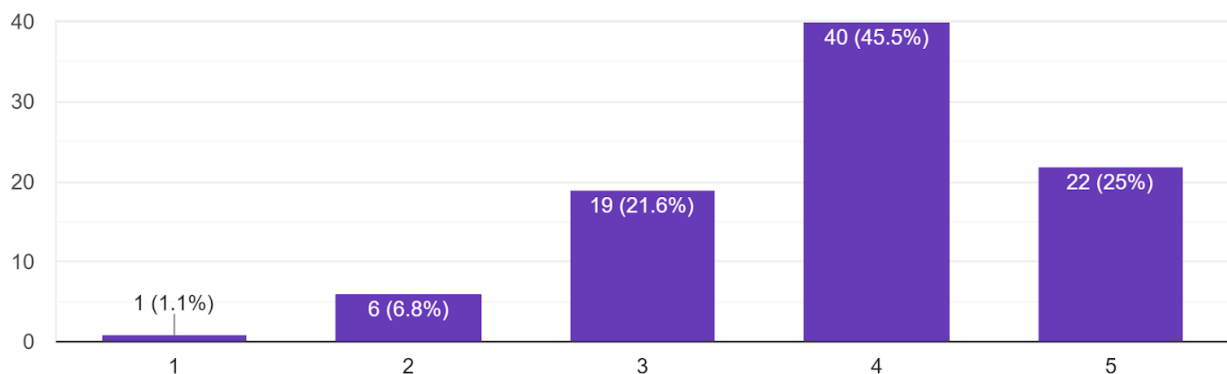
“Improving in drama”

“Athletics trip”

Year 7 responses with 1 being strongly disagree and 5 being strongly agree

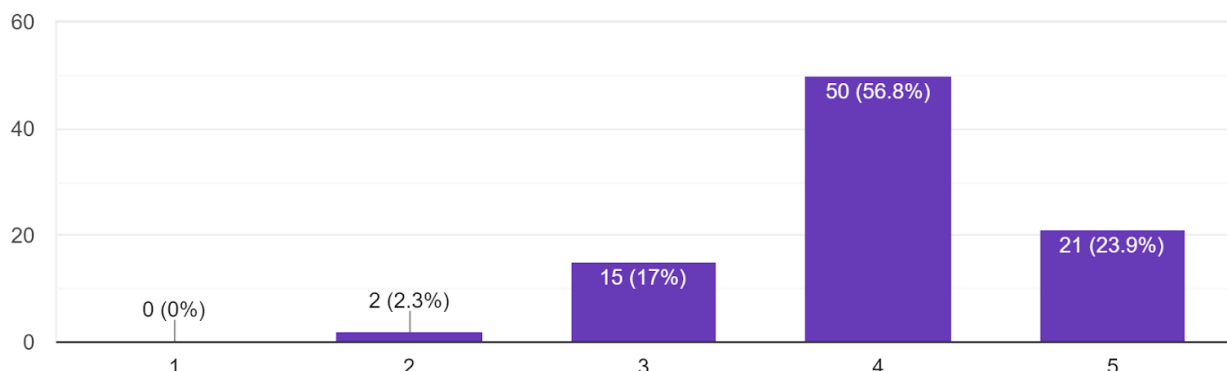
1. I have enjoyed this academic year.

88 responses



4. How do you feel about your effort in lessons this academic year?

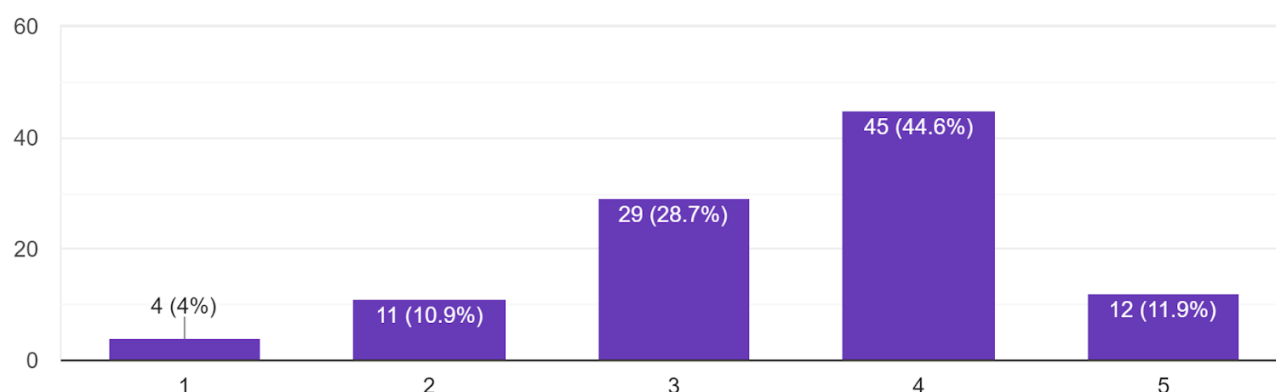
88 responses



Year 8 responses with 1 being strongly disagree and 5 being strongly agree

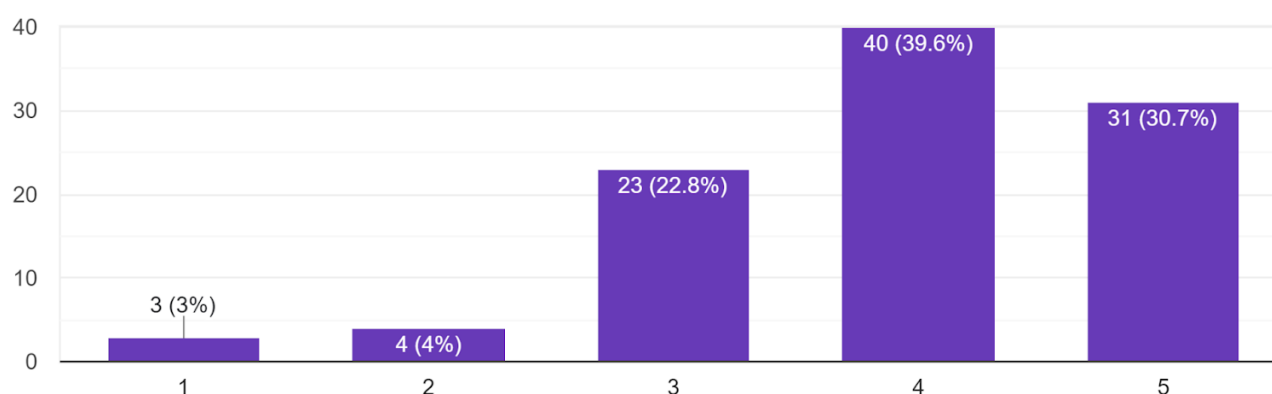
1. I have enjoyed this academic year.

101 responses



2. I feel confident starting year 9 and returning to school in September 2022

101 responses



At the end of assembly, students were given holiday homework booklets to complete over the break. If any student was absent, please remind them to log on to the school website. Alternatively please use this link to access the [Summer Holiday Homework 2022 Booklets](#). Students should read all instructions and return each homework task to their subject teachers the first week back.

Equipment, Uniform and Personal Appearance

As students move up to next year group please remember to purchase the appropriate [Equipment and uniform](#) students will need including the correct tie associated with their year group. A gentle reminder about the personal appearance for when students return in September.



Personal Appearance

- One small pair of earrings, one earring traditionally placed in each earlobe, may be worn and one ring may be worn.
- No anklets, nose studs, tongue studs or any other body piercing.
- No tattoos.
- Inappropriate jewellery will be confiscated and a letter sent home to parents / carers to arrange collection.
- A reasonable hair style must be worn, extreme styles are unacceptable.
- Only natural, not extreme, hair colours are acceptable.
- Students are not allowed to wear excessive make-up in school. If wearing excessive make-up they will be asked to remove it.
- False eyelashes are not permitted.
- False nails are not permitted and nail polish or other nail decorations should not be worn.
- Gloves must not be worn inside the school building.

Parents and carers thank you for all your on-going support. We wish you and your family a wonderful summer holiday. Do use this time to relax, refresh and reconnect with friends and family!

A Snap shot of our Achievement Assemblies - Year 7 Achievement Assembly photos





Year 8 Achievement Assembly photos



Year 9 Graduation - Ms Donkor

Well done to all the Year 9s who participated in celebrating the end of key stage 3 and a huge thank you to all the parents who took time out to celebrate with us. It was such a joy to be able to not only witness but celebrate this occasion with you and to see you all looking so wonderful.

I am looking forward to September as you start your GCSEs and key stage 4. I am incredibly proud of the progress you made this year. Have a great summer and I will see you all in September.

Ms Donkor







Sporting Success this week

Sports Leaders Y9

A massive well done to our Y9 sports leaders who completed their sports leaders FA playmakers course on Wednesday. The students learned about the different aspects of becoming a leader and planned some amazing sessions which they taught to their peers. I am very proud of all of them and we look forward to seeing them put all their leadership skills to the test.

#BETHEBESTYOU CAN BE



Sports Leader of the Year

A massive well done to Kyjean Y9 and Aaliyah Y10 for being amazing as sports leaders this year. They have continued to work hard, communicate with others and create amazing memories for the young people coming in for a range of events.



Well done to the U13s who came 3rd in the Women's euros tournament at Southfields as team Italy



AFC Wimbledon Girls Football Holiday Course

Girls Football Holiday Course (SCHOOLS)

This summer, we are back providing girls with a fun week of football post the Women's Euros. Join us from **Monday 1st August- Thursday 4th August.**

Available to book now via: [Summer Holiday Course - GIRLS ONLY — AFC Wimbledon Foundation \(squarespace.com\)](https://www.squarespace.com/summer-holiday-course-girls-only-afc-wimbledon-foundation)

We will be offering limited FREE spaces to attend 1 day of our Girl's Football Holiday Camp to Pupil Premium/FSM pupils who you feel would benefit from this offer. Please get in contact ASAP if you have any referrals from your school. (Maximum 2 places per school)

Alternatively, we are offering a reduced price of £25 for a full week (4 days) for anyone who would also benefit from this offer. (FSM/PP only)

NEW: Wildcats & Squad

We will be launching some new mid-week Wildcat sessions this summer* and have launched a brand new session for girls between 12-14 years called 'Squad'. Taster sessions are free and will be running through the summer holidays. (*Available to book from Monday 11th July)

Tuesdays:

5-6pm Starts 19th July

Venue: 5-a-side pitch entrance
Batsford Way Gate
Wimbledon
SW17 0BB

Wednesdays:

5-6pm* Starts 20th July

Venue: The Aspire Centre
Burr Road Entrance
SW18 4SS

*4-5pm In August 2022.

Booking available here:

[Girls Wildcats — AFC Wimbledon Foundation \(squarespace.com\)](https://www.squarespace.com/girls-wildcats-afc-wimbledon-foundation)

[Girls Squad — AFC Wimbledon Foundation \(squarespace.com\)](https://www.squarespace.com/girls-squad-afc-wimbledon-foundation)



Strike The Right Balance This Summer – Ms Nearn & Ms Ramirez

Congratulations, you made it through another school year! The summer break means downtime for kids and parents/careers alike. Having time to catch up on sleep and spend time as a family is wonderful, but beware the pitfalls of leaving children with a complete lack of structure or routine.

Left to their own devices, (pun intended) most young people do not yet have the self-regulation tools to set reasonable limits. Instead, many would happily be nocturnal, sleeping all day and staying up all night on their phone, tablet or computer.

Parents - setting boundaries is your job! It will not only make their lives easier, but yours too (especially when it comes to returning to school.) Here are seven tips to encourage your child away from the flicker of the screen and toward a more balanced life.

1. Set the example

“Careful the things you say, children will listen. Careful the things you do, children will see...and learn,” wrote Stephen Sondheim in the musical *Into the Woods*. So true.

Do you have household rules around language (swearing!), screens (no phones at the dinner table or during family time, for example), or chores? If so, be the first one to stick to them and set a good example.

2. Eat meals together

A device-free evening meal is one key to fostering a sense of family connection. Turn off the TV, put the phones away, and eat and chat together. You could also get the kids involved in cooking, setting the table, or doing the dishes after. A game of cards or a board game after the meal can also entice kids to the table.

3. Read

Shockingly, Children who were read to start school with 20,000 words in their vocabulary, compared to 3,000 words for children who were not read to.* This deficit becomes even more noticeable at secondary school. Thankfully, regular reading can help kids catch up. They might also discover that they enjoy it!

Whether novels, comics, graphic novels, or books with pictures, commit to reading time every day. You could also get an older child to read to a younger child, which will improve their literacy and foster a greater connection between siblings (which can get tricky during adolescent years.) This list of [books for reluctant readers](#) might give you a few ideas.(Also, refer to tip number one!)

4. Play sports...or just play

Organised sports are fantastic for health and team-building (you'll find lots of organised sports through [Wandsworth Connect](#) this summer), but even just playing and laughing have enormous benefits for the body and the mind. Did you know that laughter improves mood, reduces stress, and boosts the immune system? Toss a frisbee, suggest a game of hide and seek, or kick a ball around with your kids. Even better, unstructured time with other kids helps build social skills - a key component of navigating adolescence.

5. Get out of the house

Plan a road trip, spend a day exploring a new part of London, download a treasure hunt app, or go [swimming](#). But whatever you do, make sure you get your kids out of the house this summer. Get out an old A to Z and get the kids to plan your route, or even better, try [Geocaching](#)! Described as the “worlds largest treasure hunt”, it is free and can take you to places you've never been. [Here](#) are the top caches in London.

6. Give your kids chores

Helping with housework or helping care for pets is great for both children and parents: it teaches responsibility, teamwork, and practical skills. Write a list of what needs to be done and divide it up. If your kids need incentives to help, don't use guilt - get creative! They could earn pocket money or collect points that can “buy” them rewards such as cooking their favourite meal or having a day out. Remember the sooner they start contributing at home, the easier it will be for them to keep acting responsibly later on.



Strike The Right Balance Continued.....

7. Let them get bored

In our uber-connected world, it is tempting to fill every free moment with tiktok, “Insta”, or YouTube. But allowing boredom is an important way to stimulate the brain.

“The main benefit is creativity – we want their minds to wander, we want them to daydream, come up with ideas, try things out, take the initiative and solve problems. Boredom leads to adventures, risk-taking and thinking outside of the box. It’s brilliant for their imagination.”

~Sandi Mann, author of The Science of Boredom

Our brains are designed to look for patterns and make connections, but they need to be “let off the leash” if we hope to harness their amazing creative power. Your child may discover that they are a budding chef, illustrator, or songwriter, but not unless they have the time and space to get bored and experiment. So next time your child says, “I’m bored” you could reply, “Good!”

Have a wonderful summer.

*<https://www.healthpartners.com/blog/kids-developing-communication-skills/>



Start of the Academic Year 2022 - 2023

New Year 7	Monday 5 th September – 8.15am until 12.15pm. Tuesday 6 th September - 8.15am until 12.15pm. Wednesday 7 th September onwards – full school day 8.15am – 3.00pm.
Years 8, 9, 10 and 11	Wednesday 7 th September and onwards - normal school day.
Year 12	Students will have induction days in the week from Wednesday 7 th September. Details will be shared when students attend their second interview after the summer results.
Year 13	Students will attend transition to Year 13 interviews from Monday 5 th September followed by induction and return to lessons. Details of individual interviews will be shared at the end of the summer holidays.
International Group	Students will attend transition interviews from Monday 5 th September followed by induction and return to lessons. Details of individual interviews will be shared at the end of the summer holidays.

Wandsworth Young People's Wellbeing Service

Self-care Summer Newsletter

NHS
South West London and
St George's Mental Health
NHS Trust

 **Are you OK
Wandsworth?**

Wandsworth Mental Health Support Team's (MHST) work in schools to support young people with their emotional wellbeing, offering 1-2-1 support, groups and workshops. This is our summer newsletter which provides information on activities and wellbeing events that you can try over the summer.

Relationships & Connection

Spending time with friends, family, pets and our community helps boost our wellbeing.



Creativity

Finding ways to be creative helps you express yourself and be more present. Try drawing, writing or making music!



Keeping active!

Keeping active improves our mood. Find something that works for you whether it's walking, dancing, online classes or sports.



Emotional Wellbeing Support

Take a look at **page 2** for self-care plans and mental health support helplines and websites.



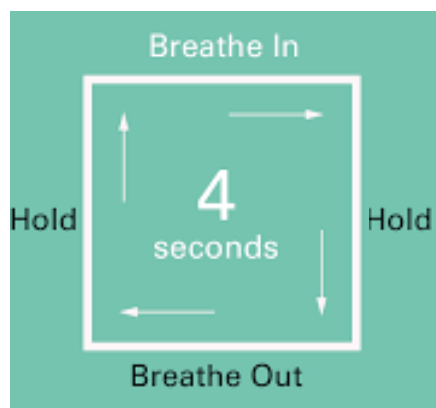
Relaxation

See below some relaxation strategies to try this summer. Click [here](#) for other relaxation ideas.



Fun and entertainment

Take a look at **page 3** for lots of free/lost cost and FUN activities in Wandsworth!



Take a deep breath. Look around you and name:

5 Things you can see



3 Things you can hear



Things you can feel

4



2 Things you can smell



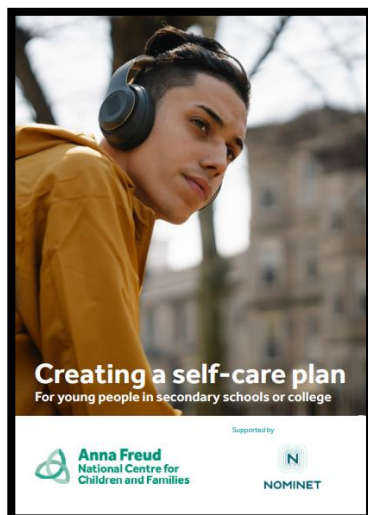
1 Thing you can taste

Wandsworth Young People's Wellbeing Service

Self-care Summer Newsletter

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 **Are you OK
Wandsworth?**



Creating a self-care plan

Self-care is the **little things** we do to **look after our wellbeing** and to keep ourselves **feeling good!**

There are many aspects to self-care:

Physical



Emotional



Social



Practical



Anna Freud have created a self-care plan booklet for young people to fill out. Click [here](#) to access it.

Mental Health Helplines for young people:

If you are concerned about your mental health over the summer, you can contact the below services:

- ❁ **South West London 24/7 Mental Health Support Line** on 0800 028 8000
- ❁ **Childline:** Call 0800 1111 (available 7:30am – 3:30am, seven days a week)
- ❁ **Hopeline UK (Papyrus):** Call 0800 068 41 41, text 07860 039967 or email pat@papyrus-uk.org (available 9am to midnight, seven days a week)
- ❁ **Samaritans:** Call 116 123 or email jo@samaritans.org (available 24/7)
- ❁ **Shout:** Text SHOUT to 85258 (available 24/7)
- ❁ **The Mix:** Call 0808 808 4994 (available 3pm to midnight, seven days a week) or text THEMIX to 85258 (available 24/7)
- ❁ **YoungMinds:** Text YM to 85258 (available 24/7)

For emergencies, please call 999 or visit your local A&E



Are you **OK**
Wandsworth?

NHS
South West London and
St George's Mental Health
NHS Trust

Wandsworth Connected Summer Holiday Activity and Food Offer 2022

This summer there are **32** providers offering **43** free activity camps providing over **14,500** spaces for children across the Wandsworth borough, including **2** specialist SEND provisions.

Activities include: **Rugby, Art, Dance, Cricket, Day Trips, Cookery lessons, Boxing, Music, Drama** and much more!

***** Eligible for young people in receipt of benefit related free school meals. From school years reception to Year 11 *****


More info [here](#) or email wandsworthHAF@wandsworth.gov.uk


Wandsworth Connected: Summer Fun for all


Wandsworth Council have set up free/low cost summer activities for all young people in Wandsworth.


Drama, art, swimming, cycling, cooking, science, skateboarding and more!

Example activities on offer include:

 **Boxing classes** for ages 8-19 yrs. More info [here](#).




 Making music with **Battersea Art Centre Beatbox Academy**. More info [here](#).

 **Multi-sport** and other activities at Caius House. More info [here](#).

 Or visit your local park with friends! Battersea Park, Tooting Common, Wandsworth Common or Furzedown Skate Park



For more information on all activities, [click here](#)

 **4 Week Wandsworth Summer Camp** run by Parallel Youth Enterprise and the Metropolitan Police – more info [here](#). **Payment required** 
 10am-4pm on weekdays in July and Aug. **Sports, creative workshops** and off-site trips (**canoeing, bowling, rock climbing & more!**)