



# Southfields Academy Weekly Newsletter

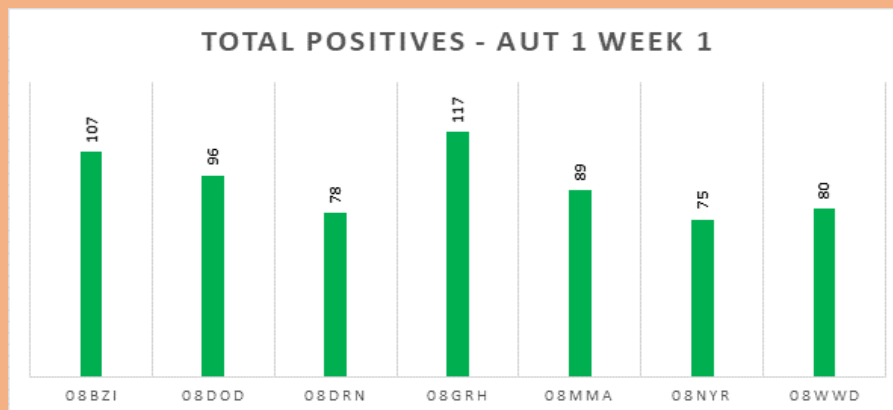
## Week Commencing Monday 19<sup>th</sup> September 2022



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

### Year 8 News – Mr Samuels

Our Year 8s have had a great start to the academic year. Students have received 642 positives (picture below) for various categories, with Yusif Alfouadi leading the individual rankings with 10 positives. From walks around the academy and looking into classes, the year group has matured over the summer; I expect this will continue for the rest of the year.



Year 8s have many to look forward to, starting with reward trips to GO Ape and the National History Museum. The trips provided students with opportunities to build resilience and cultural knowledge to aid their development into successful adults. The students had a great time conquering their fears in the tree tops and seeing some of fantastic exhibits in the National History Museum. In addition, throughout the year, they will have lots of fun workshops and activities aimed at helping them develop into the responsible, mature and ambitious students we all know they can be.







## Thought for the Week

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." – Scott Adams

## New Outdoor Gym - PE



Southfields Academy is very lucky to now have an outdoor gym in our playground for the use of all students during break times and after school.

All students are to follow a few simple rules:

- ✓ No school bags in the gym area.
- ✓ No food or drink whilst using the equipment.
- ✓ Follow the Academy rules at all times.
- ✓ Stand a safe distance away from the equipment.
- ✓ No waiting around.
- ✓ Stand behind the equipment, not next to it!
- ✓ Have fun.



## Chess club - Mr Alex Spencer Head of Mathematics

Thursday 3:00-3:45 - A222

A reminder that chess club will run after school every Thursday. All ages and abilities welcome. Chess is a fantastic universal language.

Pictured here on Thursday 15th September 2022 at chess club are Karmella (Philippines Y7), Burley (Cameroon IG), Mattias (Belgium IG), Yusha (Y7 British Bangladesh) and Danil (Ukraine IG).





## EXTRA CURRICULAR / STUDY SUPPORT – Autumn Term 2022

Day	Subject	Support/activity	Venue	Teacher	Year information
Monday	PE	Netball	Courts	Lenton/Toffolo	Years 9 & 10
	PE	Trampolining	Activity Studio	Ms Lanning	Years 7 - 10
	PE	Football	Astro	Philpott/Mombri	Years 9 & 10
	PE	Basketball	Sports Hall	Mr Cameron	Years 9 & 10
	PE	Boxing	Dance Studio	Mr Hillman	Years 7 - 10
	PE	Pickleball	Aspire	Ms Nearn	Years 7 - 10
4.00 – 4.45	PE	Basketball	Sports Hall	Mr Cameron	Year 11 & Sixth Form
Tuesday	PE	Football (Girls)	Astro	Ms Clark	Years 7 – 10 girls
	PE	Badminton	Aspire	Mr Sia	Years 7 - 10
	PE	Swimming (boys)	Pool	Mr Boyce	Years 7 – 10 boys
	PE	Dodgeball	Activity Studio	Mr Mombri	Years 7 & 8
	PE	Basketball	Sports Hall	Mr Cameron	Years 7 & 8
	PE	Football (Girls)	Astro	Ms Clark	Year 11 girls
4.00 – 4.45	PE	Football	Astro	Mr Philpott	Year 11
	English	Debate Club	D287	Ms O'Neill	Years 7 – 11 (Break 2)
	English	Scriptwriting Club	D289	Mr Carmo	KS4 & KS5 Students
	PSHE	Drop in for a chat / support	D389	Ms Molloy	All Years (Break 2)
	Wellbeing	Board & card games Club	D180	Ms Ramirez	Years 7 - 10 (Break 2)
	PE	Spikeball	Aspire/Courts	Ms Lenton	Years 7 - 10
	PE	Football	Astro	Boyce/Haines	Years 7 & 8
Wednesday	PE	Volleyball	Sports Hall	Ms Lanning	Years 7 -10
	PE	Football (Sixth Form)	Astro	Mombri/Boyce	Sixth Form
	ADT	Creative Arts	B037	Mr Tshienda	Years 7 - 11
	ADT	Homework Club	B036	Ms Jaffer	All years
	Coding	Coding Club	D181	Mr Berner	Years 7 - 9
	English	KS3 Reading Group (support)	D280	Lowther/Adisi	Years 7 – 9 (Break 2)
	English	Reading Titans (Challenge)	D284	Mr Sawbridge	Years 7 – 11 (Break 2)
	History	Warhammer	A123	Mr Hillman	Years 8 and above
	PSHE	Drop in for a chat / support	D389	Ms Molloy	All Years (Break 2)
	PE	Netball	Courts	Ms Lenton	Year 7 & 8
	PE	Swimming (Girls)	Pool	Ms Clark	Years 7 – 10 girls
	PE	Gym	Fitness suite	Mr Sia	Year 9 & 10
Thursday	PE	Kinball	Sports Hall	Mr Philpott	Year 7 - 10
	PE	Gym	Fitness Suite	Mr Sia	Year 11 & Sixth Form
	ADT	Origami club	B147	Ms Dodd	KS3 students (Break 1)
	ADT	Cooking Club (sign-up sheet)	B033	Ms Cunningham	KS 3 students (10 slots)
	Drama	Drama club	B025	Ms Brown	All years
	Maths	Chess club	A222	Mr Spencer	All years
	MFL	Languages Homework Club	C278	Ms Terrington	KS 3 students
	PSHE	Drop in for a chat / support	D389	Ms Molloy	All Years (Break 2)
	Science	Gardening Club	Garden	Mr Millard	All Years (till Half Term)
	Wellbeing	Board & card games club	D180	Ms Ramirez	Years 7 - 10 (Break 2)
	PE 4.00-5.00	Basketball Squad only	Sports Hall	Cameron	Squad only
	Humanities	Film Club	A122	Mr Bradbury	All years
Friday	Pride	Pride Club	A131	Ms Hoy	All years (Break 2)
	Urdu	GCSE & A Level revision	A118	Mr Danish	GCSE & A Level students

The Library is Open Mon-Fri. 7.30 – 3.30pm.

International Group Homework club – Tuesday, Wednesday and Thursday P6.

HIU Homework support – HIU department – every day, break 1.

Sociology – Individual drop in and break time revision sessions when required – Years 12 & 13.

No students should be on site unsupervised.







## Dates for Your Diary

Monday 19<sup>th</sup> September 202 – Bank Holiday  
Thursday 29<sup>th</sup> September 2022 – KS4 Parents' Workshop  
Friday 7<sup>th</sup> October 2022 – INSET Day  
Wednesday 12<sup>th</sup> October 2022 – Year 12 Meet the Tutor Evening  
Wednesday 12<sup>th</sup> October 2022 – Year 13 C4C Parents' Evening  
Wednesday 19<sup>th</sup> October 2022 – Year 11 Parents' Evening  
Monday 24<sup>th</sup> October 2022 – Academy Breaks for Half Term  
Monday 31<sup>st</sup> October 2022 – Academy resumes

## SOUTHFIELDS MHST

### Autumn 2022 Newsletter

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

 **Are you OK  
Wandsworth?**



Welcome back to the new school year and the first newsletter of the term. We are the Southfields Mental Health Support Team and we work in your school to support students with emotional wellbeing, turn the page to find out more about who we are and how we can help you.

### Top tips for returning to school after the summer holidays

We know that returning to school after a long period of time can sometimes feel a little daunting. You might have spent the summer relaxing, sleeping late and spending time with family or friends but it is now time to get back to your school routine. Below are some tips to help make that transition to school easier.

#### Look after yourself



To be your best self it's important to prioritise looking after yourself: make sure you get enough sleep (8-10hrs), drink lots of water, move everyday (walking, dancing or going to the gym), spend some time outdoors and make time to relax and unwind.

#### Build a routine



It can be hard to get back into the flow of things, building a routine can help to ease you back into school. A good routine should include a balance between doing your schoolwork and the things that you enjoy such as watching Netflix, gaming and spending time with your loved ones. Making a plan and writing things down also means you're much more likely to do them.

#### Set some goals



It's helpful to think about the year ahead, what would you like to achieve this year? Will you aim to join a new club, talk to new people, or work hard to improve your grades? Be specific about what you want to achieve and when you would like to achieve that goal (week, month). For guidance look at creating **SMART** goals online.

#### Build your support network

Think about who you have around you at home and school that you could turn to if you needed help over the next year such as: *your head of year, form tutor, mum or dad, and older sibling etc.*





# SOUTHFIELDS MHST

## Autumn 2022 Newsletter

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

 **Are you OK  
Wandsworth?**

The Southfields Mental Health Support Team (MHST) provides support programmes for anxiety and low mood.

If you are starting to struggle with your mental health, we can work one-to-one with you to think about skills and strategies to help. We will work towards goals that you set to help you feel better.

We can meet with you at school, during the school day so that you can get the help when you need it.

### What can we help with?

**Anxiety /  
Worry**

**Low  
Mood**

**Stress**

**Sleep  
issues**

### What young people have said about our service:

*"My wellbeing practitioner was very understanding towards me and was very effective in teaching me about anxiety."*

*"I felt safe and comfortable talking about my thoughts!"*

*"This was the first time I opened up to someone and it was a good experience."*

**If you have been feeling anxious or low, an Education Wellbeing Practitioner may be able to help you.**



**If you need support with your mood or anxiety, speak with your Head of Year, Pastoral Lead or Form Tutor and they can find the right support.**





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### WHAT'S ON OFFER THIS YEAR?

22nd, 26th OR 27th

**SEPT**

**Mental Health during the teenage years -  
an introduction and overview**  
For year 7 & year 8 parents

**Supporting your teen through emotional storms - emotion  
regulation skills and strategies**  
For all secondary school parents

9th, 10th OR 15th

**NOV**

26th, 30th OR 1st

**JAN/FEB**

**Understanding and supporting anxiety  
during the teenage years**  
For all secondary parents

**Supporting and managing exam and  
assignment stress: top tips and ideas for parents**  
For all secondary parents - year 11 and 13 focus

13th, 16th OR 17th

**MAR**

4th, 9th OR 11th

**MAY**

**Understanding and supporting teen sleep:  
an overview of the research and recommendations**  
For all secondary parents



Scan QR code with your phone's camera to sign up for free via  
eventbrite or search:

[www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989](https://www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989)



**We also provide free 1:1 support programmes for parents to support with their child's  
anxiety or behavioural challenges. Speak to your school to find out more.**