



Southfields Academy Weekly Newsletter

Week Commencing Monday 10th October 2022



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

Year 11 News – Mr Lamboi

Returning from a long summer holiday can sometimes pose a problem for students in terms of getting back into the routine and expectations of the school. As their new Head of Year, I can genuinely comment that the overwhelming majority of Year 11s have settled relatively well into their final academic year. Despite the six week break, the Year 11 students continue to demonstrate an unassailable commitment to their learning. That is to say they are: 1. showing resilience when adversity rears its head 2. Working- hard and 3. Making no excuses and accepting responsibility. Throughout the week I have the privilege of visiting lessons (see image 1) and booster sessions after school, and without exception, both are calm and purposeful with teachers delivering high quality teaching and students engaging with them.

As we draw closer to the end of the autumn term I would like to say a huge thank you to each and every one of our Year 11 students (and their respective form tutors) who have consistently made the choice of coming into school and giving their very best this year - keep it up! It is you that makes your tutor group, the year group and the school shine.

For our Year 11s to have a successful year and achieve their potential, it will take above all else, a strong partnership between parents/guardians and the school. That is why it is crucial that every parent(s)/guardian(s) attends the upcoming Year 11 Parents' Evening on Thursday October 19th from 5pm - 7pm during which you will be able to get an update on your child's progress, the support on offer and discuss any concerns you may have.

I look forward to meeting you on Thursday 19th October for Parents' Evening.



PSHE - addresses the cost of living crisis – Ms Molloy

All PSHE students from Year 7 -11 and IG will have homework over the next 2 weeks that looks at addressing the cost of living crisis to encourage positive actions our students can make to support their families.

The homework tasks will require students to feedback to their family groups and really think about the part they play; whether it be energy saving tips in Year 7 and Year 8 to trial at home, or considering the effect this crisis can have on mental health or analysing their own spending and creating a budget that is thoughtful and reflective.



Thought for the Week

"Kindness begins with the understanding that we all struggle." – Charles Glassman



**WE ARE
MACMILLAN.**
CANCER SUPPORT

Macmillan Charity Cake Sale

On Wednesday 5th October 2022, we were delighted to be hosting and participating in 'The World's Biggest Coffee Morning', to raise money for the Macmillan charity - supporting those affected by cancer. Students and staff baked amazing treats that were sold to raise money for this incredible cause and raised £82! There was a wide array of baked delights including chocolate brownies, churros, lemon drizzle cake, cupcakes and marble cake.

There was also a competition to guess the number of chocolate chips in a jar to win a Colin the Caterpillar chocolate cake! This was won by Hashaam in 7HBG – well done Hashaam!



Dates for Your Diary

Wednesday 12th October 2022 – Year 12 Meet the Tutor Evening

Wednesday 12th October 2022 – Year 13 C4C Parents' Evening

Wednesday 19th October – Careers Fair

Wednesday 19th October 2022 – Year 11 Parents' Evening

Monday 24th October 2022 – Academy Breaks for Half Term

Monday 31st October 2022 – Academy resumes

Wednesday 9th November 2022 – IEAP Day

Thursday 17th November 2022 – Prize Evening

Thursday 24th November 2022 – Year 10 Parents' Evening

Chef Wanted – Mr Elson

Southfields Academy is looking for a chef to work in the school's kitchen to support the school and the nursery. The job is full-time and the salary will be dependent on experience. Previous experience of working in a school or nursery kitchen would be an advantage but is not essential.

For an informal discussion and more details please contact Steve Elson on 020 8875 2624 or

Stephen.elson@southfieldsacademy.com.



World Mental Health Day – Ms Nearn

For over 70 years, the World Federation for Mental Health has been working to make sure that mental health is treated on a par with physical health. Their goal? To make mental health and wellbeing a global priority.

Unfortunately, for many people the term “mental health” is still linked to negative images and attitudes. This can prevent people from reaching out when they have thoughts and emotions that are interfering with their wellbeing.

Wouldn't it be nice if mental health was just seen as part of one's overall health? It really could be that simple!

World Mental Health Day is an opportunity to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling. Won't you join us?

If you have questions or need support for your child, please contact our DSL for Mental Health: tricia.nearn@southfieldsacademy.com You can also view or download our “Mental Health and Emotional Wellbeing Butterflies” booklet, written for parents, [here](#).



Open events and Open evening

The Academy held its annual Open Evening on Thursday 6th October. The Academy was buzzing with staff and students showcasing our wonderful facilities and talent to a large crowd of parents and prospective students. Our students were informative, enthusiastic, and polite; a credit to the Academy, showing off the best that we have to offer.

We had a record number of parents / carers visiting and here are a few of the comments received on our feedback forms:

“I like the school even more now, excellent tour guide, good presentation, very pleased.”

“Great in terms of the support they offer your child”

“Love the building, good atmosphere, well behaved students and range of subjects.”

“large choice of subjects and opportunities!”

“The sports facilities are excellent. The school is light, bright and displays inspiring. Loved the outside space!”

“That the school is open and the teachers are very friendly and helpful.”

“Happy and creative is my overall impression.”

Many thanks to all our student helpers, a job well done!

Dates still available for prospective parents / carers to visit the Academy.

Tuesday 11th October	9.00am - 10.15am
Wednesday 12th October	9.00am - 10.15am
Thursday 13th October	9.00am - 10.15am
Monday 17th October	9.00am - 10.15am
Tuesday 18th October	9.00am - 10.15am
Wednesday 19th October	9.00am - 10.15am
Thursday 20th October	9.00am - 10.15am



AFC Wimbledon Information – Ms Clark



irls PDC

We have returned to our Girls PDC session on Wednesday's 6-7pm and will accommodate the following age groups.

- U12
- U15

This year players will receive a new Player development booklet to help them develop even more, on and off the pitch.

Bookings are now available with a full or half term option:

[Girls Player Development Centre — AFC Wimbledon Foundation](#)

PL Kicks

We will be beginning our return to Friday evening sessions after a summer break on **Friday 9th September** at Southfields and return Tooting and Mitcham is **Friday 30th September**.

Book onto Southfields now: <https://forms.gle/n4FvEq3TpmbdZUA49>

Or Book onto our other PL Kicks sessions here:

[PL Kicks — AFC Wimbledon Foundation](#)

We will have a few opportunities throughout the year for participants to attend PL Kicks tournaments and fixtures.

More information will be available as and when these opportunities arise.

NEW: Wildcats & Squad

We have launched a brand new session for girls between 12-14 years called 'Squad'. Taster sessions are free and will be running through the year and is available to book in blocks or individual sessions.

We have also launched our new midweek wildcats aimed at girls 7-11 and looking for more football fun during their week.

<p>Tuesdays:</p> <p>5-6pm Returned September 6th 2022.</p> <p>Venue: 5-a-side pitch entrance Batsford Way Gate Wimbledon SW17 0BB</p>	<p>Wednesdays:</p> <p>6-7pm Started September 28th 2022</p> <p>Venue: The Aspire Centre Burr Road Entrance SW18 4SS</p>
<p><u>Squad</u> <u>Tuesdays:</u> 6-7pm Started returned September 6th 2022</p> <p>Venue: 5-a-side pitch entrance Batsford Way Gate Wimbledon SW17 0BB</p>	

Booking available here:

[Girls Wildcats — AFC Wimbledon Foundation](#)

[Girls Squad — AFC Wimbledon Foundation](#)

Womens Rec

This session is all about growing female football participation, improving fitness, offering women an alternative way to exercise and providing an opportunity for women to continue to enjoy the game in a relaxed, welcoming environment away from competitive leagues.

If you used play but haven't for years due to life, work, children and other responsibilities getting in the way, or if you have never played but fancy giving it a go, this is the ideal session for you.

This free session takes place from **7-8pm every Tuesday at the Cherry Red Records Stadium, Plough Lane**.

More information here: [Women's Rec — AFC Wimbledon Foundation](#)



Education Wellbeing Service



Upcoming Events For Secondary Parents 2022/23 Supporting your teenager's mental health webinars

**22ND,
26TH OR
27TH
SEPT**

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

**9TH,
10TH OR
15TH
NOV**

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

**26TH,
30TH OR
1ST
JAN/FEB**

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

**13TH,
16TH OR
17TH
MAR**

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

**4TH,
9TH OR
11TH
MAY**

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

We also provide free 1:1 early help support programmes for young people to
support with anxiety or low mood. Speak to your school to find out more

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

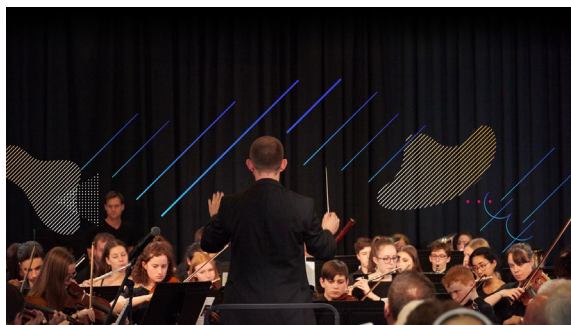


Music Therapy in Wandsworth

I am pleased to let you know that the Saturday Music Therapy at Wandsworth Music has recommenced after the summer break.

We have a couple of individual music therapy slots available and are now accepting requests for group music therapy. Your support in ensuring that the parents/carers and the school community are informed of this opportunity would be greatly appreciated.

Details about the Music Therapy Saturday Clinic can be found on our website <https://wandsworthmusic.co.uk/music-therapy-saturday-clinic/> or by contacting musictherapy@wandsworthmusic.co.uk



Music Therapy - Saturday Clinic - Wandsworth Music

1:1 Music Therapy sessions are available at Wandsworth Music's Saturday Clinic. The clinic runs during term time only. There are 10x Music Therapy sessions per term. To make a referral please follow the link below What is music therapy? In music therapy, the child and therapist build a therapeutic relationship, through musical interaction and play, [View Article](#)

wandsworthmusic.co.uk

Saturday Music Therapy Clinic

The clinic is facilitated by our Music Therapists who are skilled musicians and professionally qualified. Our therapists are state registered under the [Health and Care Professions Council](#) and work to the code of conduct set out by the [British Association for Music Therapy](#).

Our therapists work with young people experiencing a range of difficulties, which might include:

- Communication difficulties
- Behavioural difficulties
- Emotional regulation
- Mental health issues
- Low mood and depression
- Reducing stress and anxiety
- Processing traumatic experiences
- Coping with loss and bereavement
- Increasing confidence and self-esteem

Music Therapy Fees

We are aware that costs can often be a barrier to accessing therapeutic interventions. Please do get in touch with us and we will provide information about funding that can be applied for in the borough of Wandsworth.

1-1 therapy sessions:

Initial Half Term Assessment Package (5 sessions + Assessment Report): £270

Termly package (10 sessions per): £450

Additional Sessions or Assessment Report: £45 per session

Group therapy sessions (please note these sessions are subject to availability):

Termly package – Group of 3 (10 sessions per term): £275 per person

Termly package – Group of 4 (10 sessions per term): £190 per person

Music Therapy is delivered in blocks of 10 sessions per child

45 minutes allocated per session - 30 minutes of clinical time with the therapist and 15 minutes for the session notes to be written at the end of each weekly session

How to apply

Applications for the Saturday Clinic can be made by completing the following form

<https://forms.office.com/r/aPST6JWbPQ>