



Southfields Academy Weekly Newsletter

Week Commencing Monday 28th November 2022



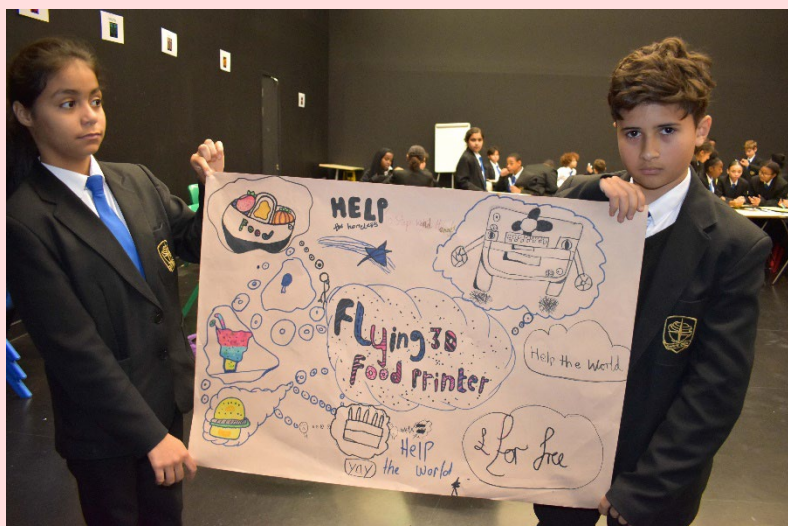
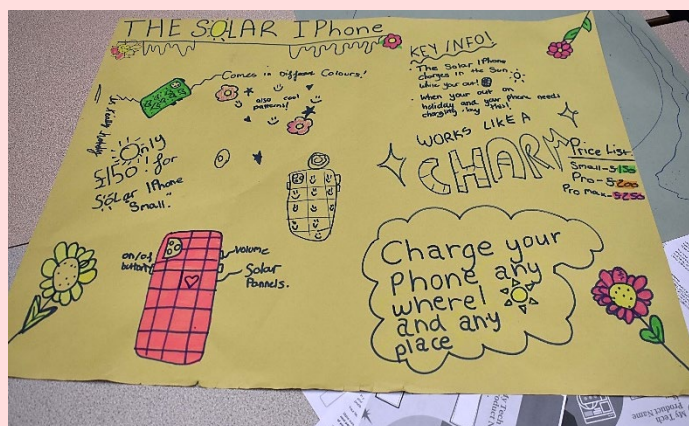
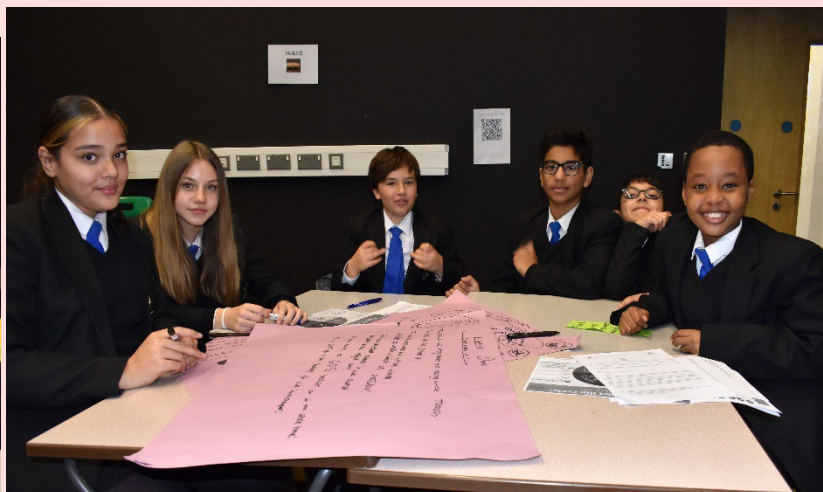
Ethos statement: We believe that through individual commitment, self-discipline, integrity and respect for others, we inspire everyone to learn.

Year 7 News – Ms Frost

It was the turn of Year 7 to participate in the Talent Foundry Workshop sponsored by Dell last Friday. 50 students from our Southside Tutor groups worked in small teams to come up with their, 'Big Idea'.

The students worked collaboratively, created hugely imaginative posters and surprised themselves by presenting their ideas to the whole group. Their practice presenting on IEAP day certainly paid off. The winning idea was an anti-pollution litter drone, an impressive global solution to a global problem.

Some personal favourites (and items I hope to be able to buy one day) included a flying 3D food printer and a solar powered, mobile phone charger. I hope to be inviting the team back next year to work with more students in the year group





Thought for the Week

"A lot of problems in the world would be solved if we talked to each other instead of about each other." Nickey Gumbel



Pines and Needles Tree Donation

Southfields Academy has kindly been donated a Christmas tree by Pines and Needles and they would love to offer parents a discount on Christmas trees in their pop up stores! Our local pop up store is located in Wimbledon Park at: Wimbledon Park Road entrance, SW19 020 359 84877

DISCOUNT CODE: **FIELDS10** - 10% Off

Keep an eye out on Pines and Needles social channels @pinesandneedles for fun activities at our local stores.

Please visit www.pinesandneedles.com for more details and other locations as they are all around London!



School Uniform Dates

Our school uniform service providers, Stitch Design, will continue to be on site on alternate Wednesdays for the immediate future.

Dates prior to the end of term are:

November 30th

December 14th

The shop will be open on Wednesday 4th January 2023, and every 2 weeks afterwards during the spring term. All orders placed online prior to the end of the previous Sunday will be packed on these days.

The quickest, cheapest and most secure way to receive uniform is to select the free 'Deliver to Southfields Academy...' option. This will be available to collect on the displayed day, or will be distributed directly to your child, if not collected.

If the 'Deliver to Billing or alternate address' option is requested, you should allow a further week.

News from the World of Science – Dr Kruppa

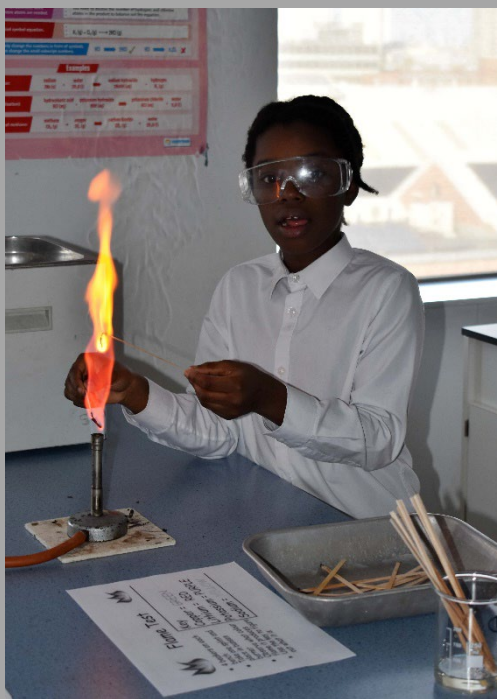
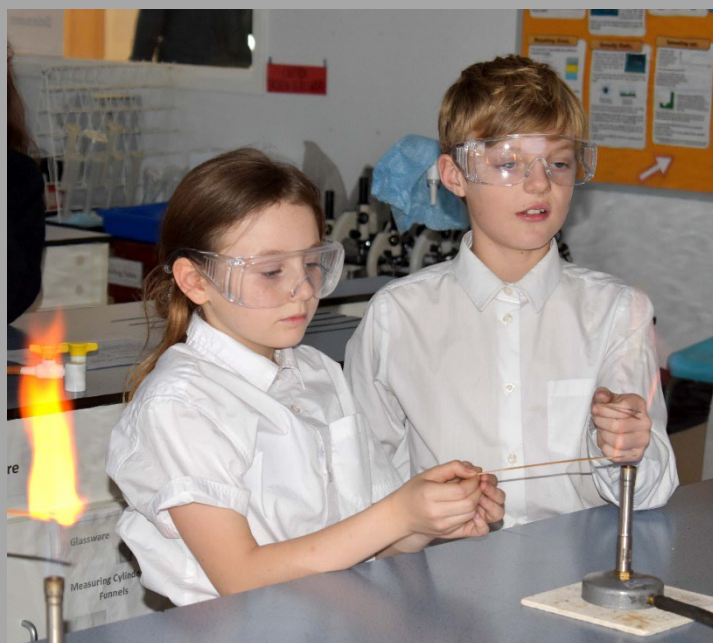
Imagine you light your Bunsen burner to give a pale blue flame. You introduce a small amount of a chemical into the flame. The flame turns a green colour. Did you know that you can identify the chemical just from the change in colour of the flame? This is what the students in science club did this week. If the flame turned green, the chemical contained copper; a lilac colour indicated the presence of potassium.

The technique of identifying chemicals from the light emitted is called spectroscopy and is one of the most powerful analysis techniques available to scientists. For example, in the 18th Century, the French scientist, Georges-Louis Leclerc, said (probably in French), that it is a shame, but "we will never know what the stars are made of". You can see his point, how can we know if we have never been to a star? But then spectroscopy came along, and by examining the light from stars captured by telescopes, we can work out what they are made of.

In the future, even more powerful telescopes will use spectroscopy to examine the atmospheres of planets orbiting distant stars, and work out whether they can support life, all without ever having to visit them.

Science Club - Ms El Maadi

This week in science Club the students learnt how fireworks get their different colours. Mr Clarke put on a very entertaining display showing all the different colour flames. The students then got to make their own flames and depending what colour they produced had to figure out what metal they had.



Overcoming Social Anxiety – Ms Nearn



Social anxiety is a normal human response to the unknown. Whether it's fear of being in the spotlight, feeling unable to speak to new people, or discomfort in crowds, social anxiety can cripple young people and adults alike.

Anxiety is sometimes called a “secondary emotion” because it is experienced in place of an even more uncomfortable emotion such as anger, jealousy, hurt, disappointment, embarrassment, or sadness. This means we may mistake the cause of our anxiety as a particular situation, when in reality the true source is something more complicated or difficult.

That said, one needn't engage in deep psychological exploration to confront anxiety. By simply keeping in mind that you may not be anxious for the reasons you think are, you may gain insight into its true source.

Don't Run Away

The things that make us anxious don't usually go away - they are part of life. So while it might feel good to avoid them in the short term, it only makes it worse in the long run. Instead, challenge your anxiety to build mental and emotional muscle.

Baby Steps

Facing anxiety is a bit like learning to walk. At first, our balance is unsteady and we may need to hold onto something (or someone), but with practice our steps become steady and we gain balance and confidence.

Get your child to start with a small goal - something that makes them nervous or uncomfortable. Perhaps it's asking a question in class, making a phone call, or trying a new after-school activity. What or who do they need support from? Could a friend check out the board game club with them? Do they need to close their eyes and mentally rehearse how to ask the question or make that call?

Next, encourage them to have a go. If it all goes wrong, they will realise that the earth didn't swallow them up and they didn't die of embarrassment; If it goes well, they will be able to build on their success.

Fall Down, Get Up

I doubt there is a parent out there who watched their child struggle to learn to walk and thought, “Well, I guess they're just not a walker.” Ridiculous, right?! Similarly, we can move beyond social anxiety to become competent and confident “walkers.” We keep practising, keep challenging, keep paying attention to the emotions underlying anxiety, and when we fall down we get up and try again.

If your child needs support with anxiety, our team of Education Wellbeing Practitioners and visiting counsellors may be able to help. Get in touch with our pastoral team (Tutors, Heads of Year, Mental Health Lead, etc.) for guidance.

Dates for Your Diary

Thursday 1st December 2022 – Year 11 & International Group Mock Exams Begin

Wednesday 7th December 2022 – Southfields' Christmas Lights Performance

Thursday 15th December 2022 – Students Break for Christmas Holidays

Friday 16th December 2022 – INSET Day

Tuesday 3rd January 2023 – INSET Day

Wednesday 4th January 2022 – All Students Resume

The Southfields Business Forum invites you to

SOUTHFIELDS CHRISTMAS LIGHTS

Featuring the Southfields Musical Collective singing live!

WEDNESDAY 7 DECEMBER
OPENED BY THE MAYOR OF WANDSWORTH AT 4.30PM
LIGHTS SWITCHED ON BY SALLY BOLTON OBE AT 5PM

Main stage at top of Replingham Road

Sponsored by



Carols | Mince Pies | Mulled Wine
Live Music | Christmas Market Stalls

In partnership with



Wandsworth Wellbeing Service

Wandsworth Education Wellbeing Service are running free workshops for parents / carers of all secondary school students. So far, the workshops have received very positive feedback from parents – please scan the QR code or follow the web address to sign up.



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 support programmes for parents to support with their child's anxiety or behavioural challenges. 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