



Southfields Academy Weekly Newsletter

Week Commencing Monday 16th January 2023

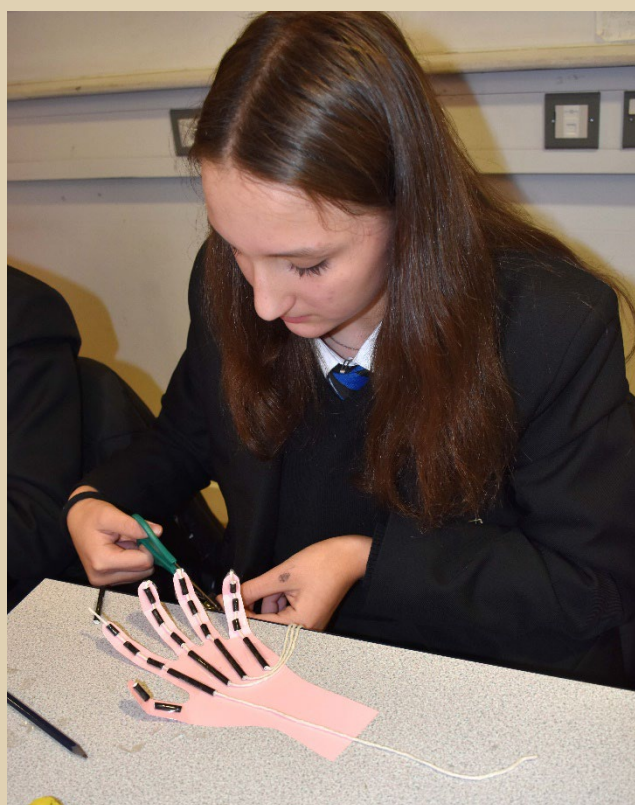
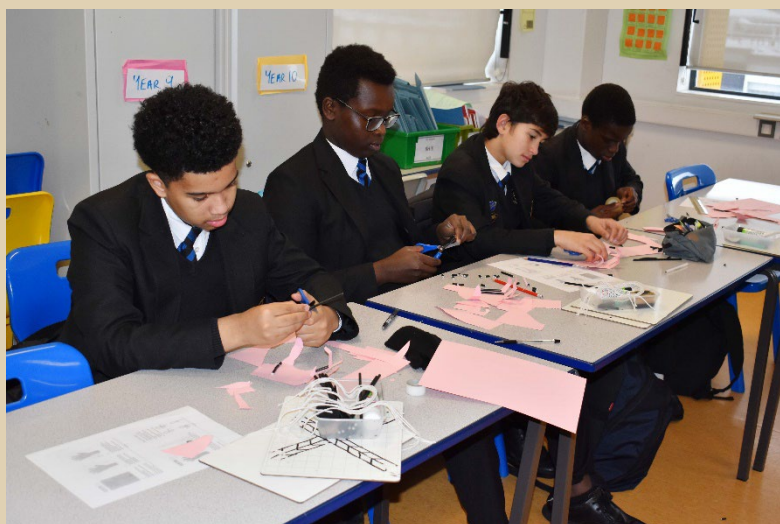


Ethos statement: We believe that through individual commitment, self-discipline, integrity and respect for others, we inspire everyone to learn.

Virtual STEM – Ms Ahmad

Just before the holidays, on Monday 12th December, seven Year 9 classes participated in a virtual STEM session to build a prosthetic hand! The session was 30 minutes long and several students stayed after the session to complete their hand.

Students worked very well as a team and followed instructions carefully.





Thought for the Week

"It's hard to lead a cavalry charge if you think you look funny on a horse."
Adlai E. Stevenson II



EXTRA CURRICULAR / STUDY SUPPORT – Spring Term 2023

Day	Subject	Support/activity	Venue	Teacher	Year information
Monday	PE	Netball	Courts	Ms Lenton	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	Girls' Gym	Fitness Suite	Mr Carroll	Girls only
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	Swimming (boys)	Pool	Mr Boyce	Years 7 – 10 boys
	PE	Dodgeball	Activity Studio	Mr Mombri	Years 7 - 9
	PE	Volleyball	Sports hall	Ms Lanning	Years 7 - 10
	PE	Girls' Basketball	Sports Hall	Ms Lenton	Girls only
4.00 – 4.45	PE	Football	Astro	Mr Philpott	Year 11
	Coding	Coding Club (Codecademy Pro)	D181	Mr Berner	All Years
	English	The Reading Group	D287	Ms O'Neill/Lowther	Years 7 – 9 (Break 2)
	PSHE	Drop in for a chat / support	D389	Ms Molloy	All Years (Break 2)
	Wellbeing	Board & card games Club	D180	Ms Nearn	Years 7 - 10 (Break 2)
Wednesday	PE	Strength & Conditioning	Gym	Mr Carroll	Years 9, 10 & 6 th Form
	PE	Girls Swimming	Pool	Ms Clark	Years 7 – 10 girls
	PE	Basketball	Sports Hall	Mr Sia	Years 7 & 8
4.00 – 4.45	PE	Girls' Football	Astro	Ms Clark	Year 11 & Sixth Form
	ADT	Creative Arts	B037	Mr Tshienda	Years 7 - 11
	ADT	Homework Club	B036	Ms Jaffer	All years
	English	Reading Titans (Challenge)	D284	Mr Sawbridge	Years 7 (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)
	Science	Science Club	Labs	Ms El Maadi	Years 7 & 8 (Break 2)
Thursday	PE	Netball	Courts	Ms Lenton	Years 7 & 8
	PE	Football	Astro	Mr Boyce	Year 8
	PE	Pickleball	Sports hall	Ms Nearn	Years 7 -10
	PE	Gym	Fitness Suite	Mr Sia	Years 9, 10 & 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)
	Maths	Chess club	A222	Mr Spencer	All years
	PSHE	Drop in for a chat / support	D389	Ms Molloy	All Years (Break 2)
	Wellbeing	Board & card games club	D180	Ms Nearn	Years 7 - 10 (Break 2)
Friday	PE 4.00-5.00	Basketball Squad only	Sports Hall	Cameron	Squad only
	PE	Football	Astro	Mr Haines	Year 7
	Humanities	Film Club	A122	Mr Bradbury	All years
	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

Wednesday 18th January 2023 – Year 13 Parents' Evening

Friday 20th January 2023 – IEAP Day

Wednesday 8th February 2023 – Year 12 Level 3 Parents' Evening

Friday 10th February 2023 – Academy breaks for Half Term

Monday 20th February 2023 – Academy Resumes

Christmas Jumper Day – Ms Sulliman

Last term, staff donned their best Christmas jumpers in order to raise money for a local charity: The Dons Local Action Group. The group of volunteers work tirelessly to support the local community, often providing food to those in need during this cost of living crisis. Staff raised a total of £61 for the group, here are some photos of the day:



Sixth Form News – Ms Hess

Last term our Sixth Form students chose their representatives from within their tutor groups. They also voted for their two student council leaders who will attend the whole school meetings with other year group leaders. Our tutor group reps have been given a badge and met with Ms Minto where they were given a task of getting feedback from their peers in regards to how we can improve our Sixth form.

We are due to meet with them every term and are looking forward to working with them and hearing their ideas.

Jack Petchey Award

The Jack Petchey Award scheme recognises outstanding young people aged 11-25 across London and Essex. Jack Petchey Achievement Award winners are young people who have gone above and beyond to achieve – perhaps when others thought they might fail. This year's criteria was being a role model and dedication towards future goals.

Our worthy winner, Koshik, chose and organised a trip to Greenwich Peninsula Golf Range for his peers and Science teachers with his prize money.

They had a lot of fun and spent an hour playing golf. For some of them, including the teachers it was their 1st time going to Greenwich and playing golf. The weather was amazing and the view of the river Thames was perfect. It became very competitive between them all and some showed impressive skills. Overall, a great experience for some of our hard working students.

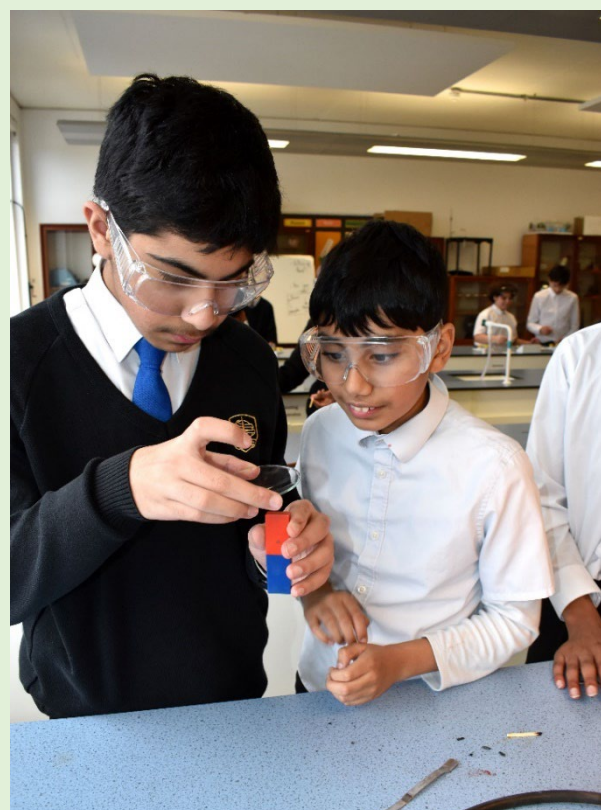
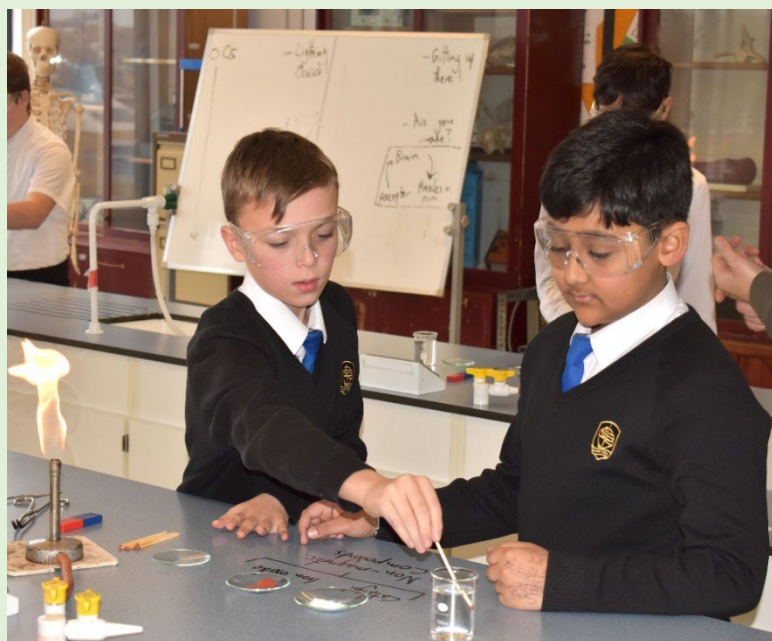
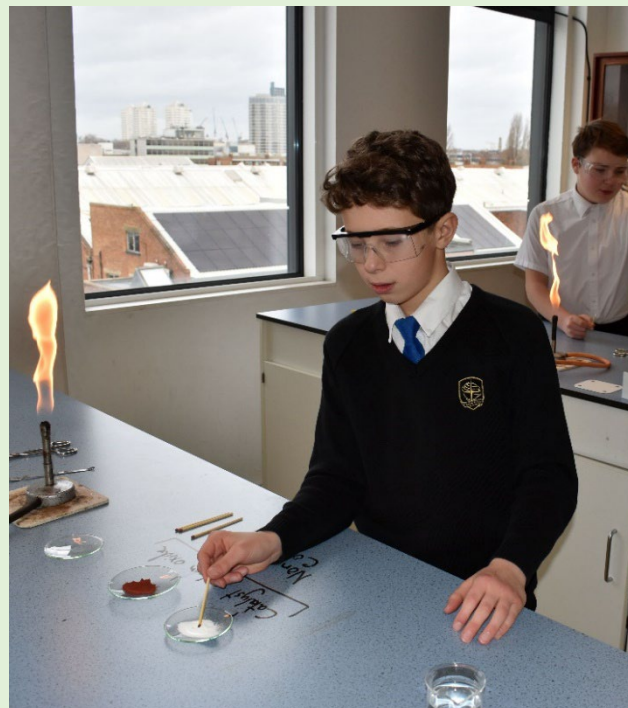
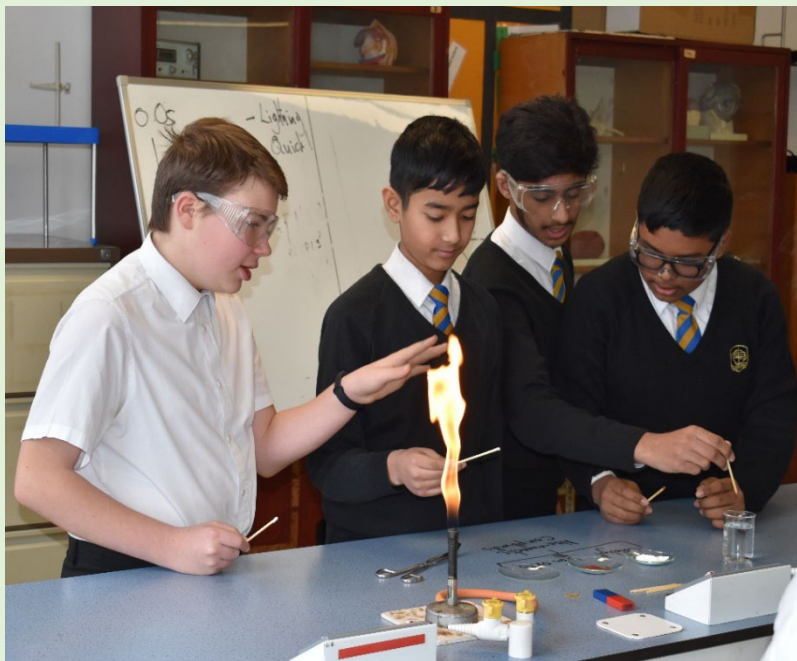


Science Club – Ms El Maadi

Extracting Iron

Students extracted iron from iron oxide and sodium carbonate with Mr Norris. During this experiment, students demonstrated that carbon is more reactive than iron, which grabs the carbonate, leaving pure iron (which is magnetic) on the match.

To let parents know, the science department is planning a science club trip to the Natural History Museum to take part in a Lego workshop. Any students who would like to come on the trip need to attend science club 4 times between now and 1st of March.





Believe it or not, our brain's most important job is not to learn, to be entertained, or to solve problems - it is to keep us safe and alive. Safety is prioritised above behaviour, relationships, and learning – except as they relate to safety. Brains first ask:

- **'Is my body safe?'** Am I free from danger, pain, hunger, exhaustion, sensory overload (or overwhelm)?
- Then, **'Is my heart safe?'** Am I cared about, loved, welcome? Do I belong? Am I a part of this family, class, group)? Am I understood, seen, heard?
- Only when the answer to these is 'yes', will it be ready to ask, **'What can I learn?'**

Safety isn't about actual safety, but about what the brain *perceives* as safe. Where school is concerned, unless a brain feels connected through relationships and welcome in the space, it won't be as able to learn, plan, regulate, make deliberate decisions, or think through consequences.

Young people are no different to us. If we feel that someone is angry or indifferent with us, we'll be more focused on what needs to happen to avoid humiliation or judgement, or on how to feel loved and connected again, than anything else. Any adult who wants to lead, guide or teach a young person – parents, teachers, grandparents, coaches - needs to prioritise a feeling of safety and connection.

For brains to feel safe, they also need to feel welcome. Walking into a classroom can be daunting. But if students know that their teacher is a trustworthy source of safety and connection, they find their courage. This also extends to home, and knowing that their world is welcome – their friends, their interests, and as they get older, their partners.

The truth is that felt safety is the key to everything – relationships, regulation, behaviour, learning, playing, discovering, being, and being with. Connection is the magic that allows us to do our job as parents and teachers. Connect first, and the rest will follow.

(Adapted from an article by Karen Young - heysigmund.com; original article [here](#).)

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

