



Southfields Academy Weekly Newsletter

Week Commencing Monday 13th February 2023



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

Half-Term Happiness - Ms Nearn

This past week the school acknowledged Children's Mental Health Week. The theme was "Let's Connect." Students saw a presentation that hopefully got them thinking about the ways they connect, and how relying too heavily on virtual communication can actually create disconnection!

Texting is a brilliant way to miscommunicate how you feel, and misinterpret what other people mean.

www.stevemaraboli.com

This is important because happiness seems to be rooted in a feeling of connectedness. Yet our mobile phones, which have replaced our watches, cameras, calendars, and alarm clocks, can also replace our family and friends if we're not careful

With happiness and connection in mind, I decided to find out what others think about the subject. The first thing I found was an article in Positive News - I've spent years studying happiness – here's what actually makes for a happier life. In it, academic Christopher Boyce talks about what he discovered on a gruelling bicycle trek to Bhutan: Happiness is "grounded in connection, purpose and hope, yet has room for sadness and anxiety, too."

The idea that happiness may not be all about being, well, happy, may seem shocking, but it's something that wisdom traditions have pondered for centuries. You've heard of yin/yang? It is a Taoist symbol that represents the interconnectedness of opposite qualities. In other words, two halves make a whole. Could it be that accepting life's ups and downs (rather than just the ups!) is what creates happiness? (I recommend this TED video if you'd like to learn more: The Hidden Meaning of Yin and Yang)

In a second article from The Guardian, (Forget Regret: How to have a happy life according to the world's leading expert) Dr Robert Waldinger has boiled down his definition of a good, happy life to, "being engaged in activities I care about with people I care about." Again, it's about connection, whether to our work, our community, or our families.

Many of us feel a bit down during the weeks post-Christmas and pre-spring. Thankfully, half-term arrives at just the right time! As you let go of the stressors of the school routine next week, I invite you to consider how you connect with others, and to be curious about life's highs and lows. If we can view them not as things to overcome, but as a normal part of life, we can all be happier. Have a great half-term.

Jack Petchey Reward Trip – Ms Boothe

On Friday 27th January 2023, a group of 20 students were invited to celebrate my Jack Petchey Leader Award.

From the start of the trip until the end, you could see and feel the excitement.

All students participated in Go-Karting although some were feeling unsure.

Students shared feedback such as:

'I appreciate Ms Boothe for putting us on the trip'

'Thank you so much for today I had so much fun'

'I had a brilliant day and lots of fun in Go-Karting'

'Phenomenal day I had great fun excellent way to end a Friday'





Thought for the Week

"Leadership is the art of getting someone else to do something you want done because he wants to do it." Dwight D. Eisenhower



Chelsea Football Club Enterprise Event – Ms Harb

Well done to 25 Year 9 students who took part in the Chelsea Football Club Enterprise event. The students were amazing and hard working - they took part in a number of enterprise events / activities and worked as a part of a team. They finished the morning by designing a marketing campaign that will be put forward to Chelsea Football Club. The winning team will take part in the finals, which will take place at Stamford Bridge, with 8 other secondary school.



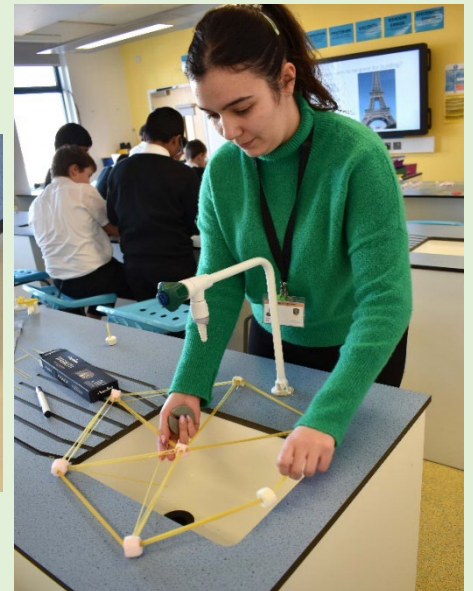
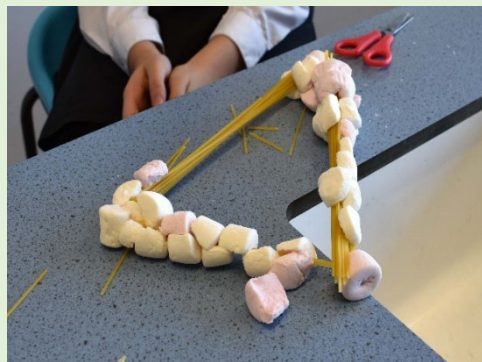
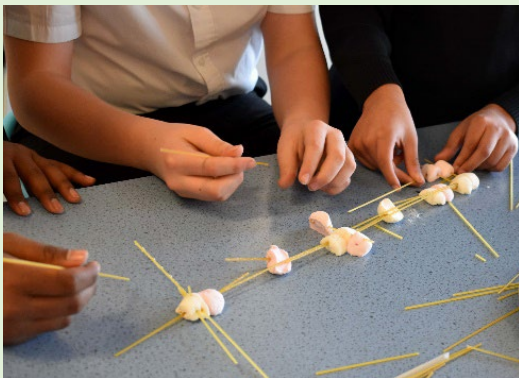
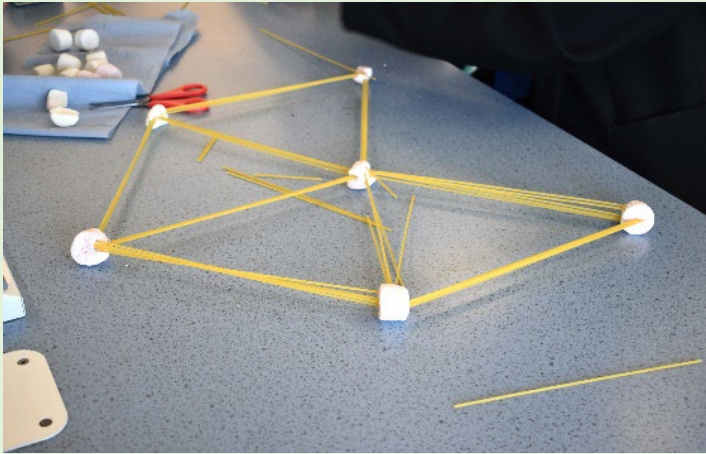
Year 7 Language Ambassadors – Ms Ratkevicius

Year 7 Language Ambassadors in action! Here they are speaking about their countries of origin, the languages they speak and emphasising the importance of being able to communicate in different languages. Thank you Alimatou, Jakub, Sofia and Gouri!



Science Club – Ms El Maadi

In this week's science club the students got to be engineers. The challenge was to build a bridge across a sink that could hold a 100g weight. The students were given spaghetti and marshmallows and made some interesting bridge structures. Not all the bridges worked but two managed to hold the weight.



Dates for Your Diary

Friday 10th February 2023 – Academy breaks for Half Term

Monday 20th February 2023 – Academy Resumes

Monday 20th February 2023 – INSET Day

Wednesday 8th March 2023 – Year 9 Parents' Evening and Options Evening

Wednesday 22nd March 2023 – Year 8 Parents' Evening

Thursday 30th March 2023 – Year 11 Parents' Evening

Friday 31st March 2023 – Academy Breaks for Easter Holiday

Monday 17th April 2023 – Academy Resumes

Children's Mental Health Week- Ms Gbolonyo and Ms Nearn

This week at Southfields, students have been celebrating and engaging with various activities for Children's mental health week.

On Wednesday 8th February 2023, twenty-eight Year 9 students took part in a webinar delivered by Eleanor Cammegh who is a representative from an organisation called Kooth.

Kooth is a free on-line platform offering counselling and peer-to-peer support to young people.



The session was on the 'Power of Peer Support and Empathy'.

During the sessions, students covered the following topics:

- What is peer support?
- What is empathy?
- Comparing empathy vs sympathy
- The power of empathy and connecting with others
- Empathy in action
- Explanation of support available on Kooth

Eleanor shared the following top tips:

- Try to listen to understand and not just wait until you can respond
- Show interest and warm curiosity by asking open questions
- Try to put yourself in someone else's shoes, considering how what they are going through might be impacting them

Special shout outs to: Kryie 9CRL, Atila 9AMD, Anthony 9AMD and Scarlett 9LEN for their great contributions and thought provoking questions.





Charity Football Match – Mr Munro

As part of their coursework, our Year 12 business students are running a charity Year 7 football event on Friday 17th March 2023.

It is open to all Year 7 students and will cost 20p to play, with all money going to Football Beyond Borders, a charity chosen by our business students.

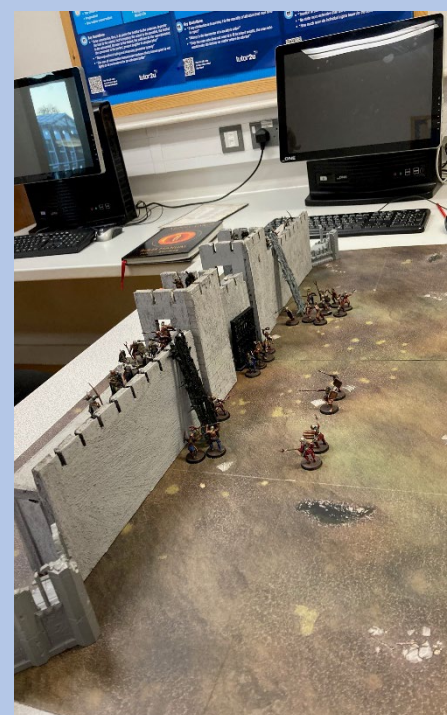
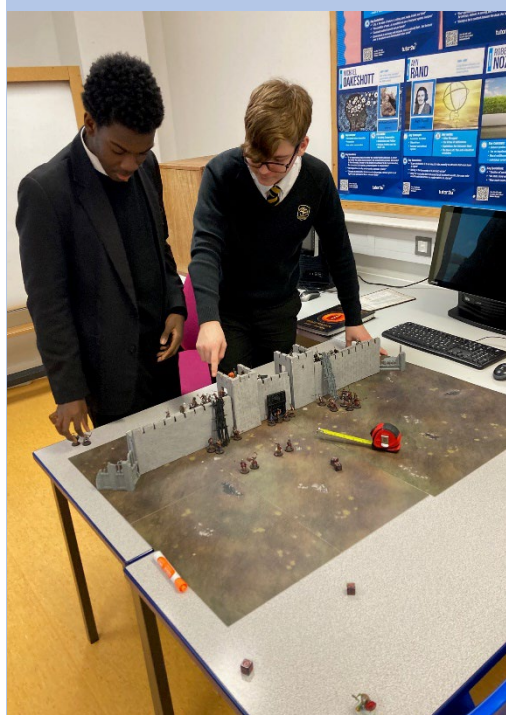
Keep an eye out for posters around school, which was designed by Punrawich Sinsuwan, which shows how to get involved.

Wargames Club Update! – Mr Hillman

Our members have recently taken a break from battling in the far future and instead have turned their attentions to Middle Earth, home of JRR Tolkien's classic fantasies The Hobbit and The Lord of the Rings. Matthew and Reuben fought a siege battle over the ruined city of Osgiliath, fans of the books or films will remember the orc horde crossing the river to attack the beleaguered defenders at nightfall! The battle fared better for the forces of men this time round with Matthew successfully holding the orc horde at the wall.

If you are interested in fantasy, historical or science fiction gaming, then wargames club is the place for you. We have an open and friendly group ranging from very experienced players to total novices. If you want to get involved then please come along to room A123 any Wednesday from 3 until 5. Please speak to Mr Hillman for more information.

And remember the words of Gandalf, if you don't revise....YOU SHALL NOT PASS!



Star of the Week

Every week a student is nominated by a member of SLT and the Year 11 Team for upholding our school values



Well done to Kamran (11BRY) for his great act of care and kindness towards a member of staff.

Year 11: Celebrating this week's successes

Tutees of Week- congratulations to you all!

Every week, tutors select and recognise a standout member of their tutor group that have demonstrated excellence. Please see below for this week's Tutees of the Week



**11QRA
Madia**

For consistently doing the right thing inside and outside of lessons.



**11 STE
Khizra**

For always giving 100% during tutor time and in lessons.



**11 HLN
Mariam**

For showing great effort in all her lessons, and always being a big help in tutor time when needed. She is working towards some great results in the summer.



**11 DES
Dalha**

For great effort in this weeks revision tasks in tutor time.



**11 GAR
Shafia**

Improving writing skills by attempting analytical paragraphs during tutor time.



**11 LNT
Rebecca**

For achieving the highest number of positives in the tutor group his week.



**11 FBR
Ronnie**

For getting the most positives in the tutor group a few weeks in a row.



**11 BRY
Yasin**

For achieving the highest number of positives this week

KS3 AROUND THE WORLD

Cooking Competition

NO ENTRY FEE

PRIZE: £10 VOUCHER

DEADLINE: 23RD FEBRUARY

ASK YOUR MFL TEACHERS OR OUR
LANGUAGE AMBASSADORS FOR
MORE DETAILS

JAZZ @ Southfields Academy



Fridays @ 3pm in the Band Room

Brass, Strings, Percussion, Keys - See Mr Khan or Mr Pinder if interested.

Have you noticed a change in your child's emotional wellbeing?

We could offer them support and guidance in school...

The Education Wellbeing Service is a confidential NHS Service designed to support young people aged 11-18.

We offer 1-2-1 support in the form of guided self-help sessions to support the following common difficulties:

- Anxiety
- Low Mood
- Anger
- Sleep Difficulties
- Low Motivation
- Overthinking

If your child is experiencing mild to moderate difficulties and is not currently open to Social Care or CAMHS, we can help them to learn skills and strategies to make positive changes to their wellbeing.

To find out more, contact your school's Mental Health Lead or another member of staff or email us for further information:

SOUTHFIELDSTRAILBLAZERMHST@swlstg-tr.nhs.uk



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