



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 24<sup>th</sup> April 2023



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

### Extra-Curricular Activities for the Summer Term 2023

Day	Subject	Support/activity	Venue	Teacher	Year information
<b>Monday</b>	PE	Netball	Courts	Ms Lenton	Years 7,8 & 9
	PE	Football	Astro	Philpott/Boyce	Years 7 - 10
	PE	Boxing	Dance Studio	Mr Hillman	All Years
	PE	Performance Swimming	Pool	Mr Sia	Strong Swimmers only
<b>4-5pm</b>	PE	Basketball	Sports Hall	Mr Cameron	Year 9 - Sixth Form
<b>Tuesday</b>	PE	Softball Club	Astro	Mr Mombri	Years 7 - 10
	PE	Trampolining Club	Activity Studio	Ms Lanning	Years 7 - 10
	PE	Basketball Club	Sports Hall	Mr Philpott	Years 7 & 8
	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)
<b>Wednesday</b>	PE	Pickleball Club	Sports Hall	Ns Nearn	Years 7 - 10
	PE	Girls Swimming	Pool	Ms Lenton	Girls all years
	PE	Cricket Club	Astro	Mr Sia/ Mr Sirgado	Years 7 - 10
	PE	Gym Club	Gym	Ms Lanning	Girls all years
	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)
	English	Film Club	C278	Mr Garratt	Key Stage 3 (Break 1)
	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)
<b>Thursday</b>	PE	Rounders Club	Astro	Lenton/Barzdenyte	Years 7 - 10
	PE	Athletics Club	Astro	Philpott/Sirgado	Years 7 - 10
	PE	Boys Swimming	Pool	Mr Boyce	Boys all years
	PE	Gym Club	Gym	Mr Sia / Ms Fox	Years 9,10 & 6 <sup>th</sup> Form
	PE	Volleyball Club	Sports Hall	Mr Mombri	All years
	Maths	Chess Club	A222	Mr Spencer	All years
	PSHE	Drop in for a chat / support	D389	Ms Molloy	All Years (Break 2)
<b>Friday</b>	Wellbeing	Board & card games club	D180	Ms Nearn	Years 7 - 10 (Break 2)
	PE 4-5pm	Basketball Squad only	Sports Hall	Cameron	Squad only
	English	Film Club	C278	Mr Garratt	Key Stage 3 (Break 1)
	Humanities	Film Club	A122	Mr Bradbury	All years
	Pride	Pride Club	A131	Ms Hoy	All years (Break 2)

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.

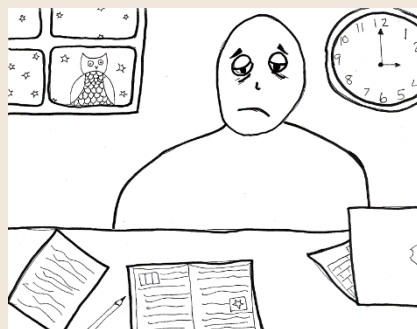


## Thought for the Week

“Don't wait for your ship to come in, swim out to it.” — Cathy Hopkins



### Sleep and Teens – Ms Nearn



By the time kids hit adolescence, many parents give up fighting with them about bedtime. And who can blame them? It's a losing battle! But, despite what your young person may believe (or tell you), they still need about 9 hours of sleep per night to function at their full potential.

In the US, only about 8% of teens get enough sleep. I can't imagine it's much different here in the UK. That means 92% of our young people live with chronic sleep deprivation, with many of them severely sleep deprived. And unfortunately, having a lie-in on the weekend does not make up for sleep lost during the week.

Why can't kids get enough sleep? There are many reasons. Gaming and mobile phones deserve a lot of the blame, while some young people stay up very late (or get up very early) due to work or family obligations. Then of course there's homework. (One child told me that they had less than one hour of sleep due to homework!)

Whatever the reason, sleep deprivation is something to be taken seriously. A 2019 [study](#) led by Loughborough University showed that less than 1 in 10 14-year-olds in the UK met recommendations for sleep, screen-time and physical activity. (The main culprit was screen-time.) And yet another [report](#) from the US linked lack of sleep with teenagers' safety and academic performance, and also noted that it puts them at higher risk for depression and obesity.

What can you do? Enforcing bedtime may be a weary war, but simply helping your child understand that sleep affects every area of their life can help them make better decisions on their own about managing their time.

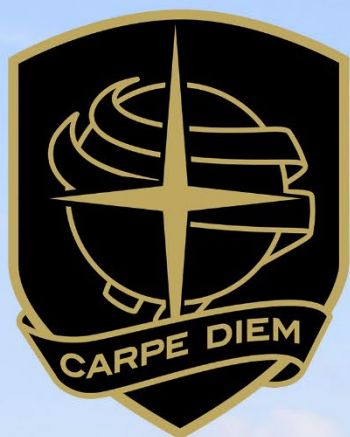
Some sensible tips:

- Don't nag - instead ask, "What can I do to help?"
- Get them organised for the morning the night before so they can squeeze in as much sleep as possible.
- Curb late-night snacking and caffeine - it can postpone or interrupt sleep.
- Prioritise sleep over late-night studying - a rested brain functions better.
- Encourage them to turn off data/wifi at night so their phones don't interrupt their sleep.
- Even better, get an alarm clock and keep phones out of the bedroom at night!
- Don't overschedule your kids - too many activities can stress them out.

### Dates for Your Diary

Monday 1<sup>st</sup> May 2023 – Bank Holiday  
Wednesday 17<sup>th</sup> May 2023 – Year 7 Parents' Evening  
Friday 26<sup>th</sup> May 2023 – Academy Breaks for Half Term  
Monday 5<sup>th</sup> June 2023 – Academy Resumes  
Thursday 29<sup>th</sup> June 2023 - Year 11 Prom  
Tuesday 4<sup>th</sup> July 2023 – Year 6 Induction Day  
Tuesday 4<sup>th</sup> July 2023 – International Group Leavers' Celebration  
Friday 14<sup>th</sup> July 2023 – KS3 Trips Day  
Monday 17<sup>th</sup> July 2023 – KS3 Sports Day  
Thursday 20<sup>th</sup> July 2023 – Academy Breaks for Students for Summer Holiday  
Friday 21<sup>st</sup> July 2023 – INSET Day

# Southfields Academy



## Open Events 2023

"Leaders are ambitious for all pupils... the curriculum content is well organised and taught by staff who have strong subject knowledge."

"Pupils and families appreciate this happy and welcoming school."

"Pupils behave calmly and sensibly in lessons... they are respectful to each other and their teachers."

***Ofsted, April 2023***

### Summer Term 2023

Tuesday 20 <sup>th</sup> June	09:00-10:15
Thursday 22 <sup>nd</sup> June	09:00-10:15
Monday 26 <sup>th</sup> June	09:00-10:15
Wednesday 28 <sup>th</sup> June	09:00-10:15
Tuesday 11 <sup>th</sup> July	09:00-10:15

At other times, we welcome visits by appointment. For visits during this time or at any other time, please email: [sean.french@southfieldsacademy.com](mailto:sean.french@southfieldsacademy.com) or phone: 020 8875 2661





**SOUTH  
LONDON**  
Mental Health  
and Community  
Partnership

**Feeling low?**

**Struggling  
to cope?**

**Worried?**

**Feeling  
overwhelmed?**

Urgent mental health telephone support for  
children and young people in South London

**Call: 0203 228 5980**

Opening times: Monday to Sunday 9am - 11pm

**SOUTH  
LONDON**  
Mental Health  
and Community  
Partnership

**Are you concerned  
about the mental  
health needs of a  
child or young  
person you care for?**

Urgent mental health telephone support for  
children and young people in South London  
Trained child and adolescent mental health  
practitioners and advisors

**Tel: 0203 228 5980**

Opening times: Monday to Sunday 9am - 11pm



**NHS**

## What happens when I call the SLP CAMHS Crisis Line?

When you call the crisis line the practitioner that answers the phone will introduce themselves by name and invite you to share with them your concerns and listen to you. They will ask you some details about your current situation and try to work with you to help reduce distress and establish safety.

## What support might I receive when I call?

Our philosophy centres around providing person-centred care, this means practitioners will work with you to understand your needs and the best options available for you. The type of support available includes:

- A safe and supportive space to speak openly about concerns
- Psychological first aid and immediate crisis counselling
- Brief interventions, including CBT and DBT skills
- Professional consultation
- Brief psychoeducation, mental health advice and support
- Psychosocial assessment
- Risk assessment and safety planning
- Liaise with other professionals involved in the young person's care.

If you are unsure whether you need emergency services, crisis line practitioners can guide you.

## SLP CAMHS Crisis Line

The SLP CAMHS Crisis Line is an urgent mental health helpline for all children and young people in South London. The line is operated by NHS trained child and adolescent mental health practitioners and advisors who provide crisis counselling and mental health support.

If you are under 18 years old and registered with a GP in South London, or you are worried about someone who is, you can call the SLP CAMHS Crisis Line for support and guidance.

## What is a mental health crisis?

A mental health crisis means different things to different people.

- You may be concerned that mental health has been getting worse over time, or you might feel suddenly overwhelmed.
- You might feel unable to cope or as if you will not be able to cope for much longer.
- You might feel so distressed that you want to harm yourself or someone else.
- You might hear unpleasant voices or feel that people are watching you or trying to hurt you.

There is no one way to think or feel when in crisis, the crisis line practitioners will work with you to think about your journey.

## Other Support Available

Below are a collection of services dedicated to supporting children and young people.



**Shout:** 24/7 crisis text support for times when you need immediate assistance.  
**Text "SHOUT" to 85258**



**Samaritans:** Listen to how you are feeling. 24/7 support.  
Call: 116 123 (24 hours a day) email: [jo@samaritans.org](mailto:jo@samaritans.org)  
[www.samaritans.org](http://www.samaritans.org)



**Papyrus:** Support for young people struggling with thoughts of suicide, and anyone worried about a young person.  
Call: 0800 068 3131  
or text 07860 039967  
(9am – midnight, 365 days a year)



**Good thinking:** NHS digital wellbeing in London with lots of free resources to support mental wellbeing.  
[www.good-thinking.uk](http://www.good-thinking.uk)



**Kooth:** Online mental wellbeing community, including live chat, discussion boards and a daily journal.  
[www.kooth.com](http://www.kooth.com)



**The Mix:** Free confidential support for young people under 25.  
Call: 0808 808 4994  
[www.themix.org.uk](http://www.themix.org.uk)



**Childline:** Confidential telephone counselling service for any child with a problem. Webchat available.  
Call 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Issue date: March 2023



# SLP CAMHS Crisis Line

Urgent mental health support for children and young people in South London

**0203 228 5980**

Opening hours: 9am – 11pm  
365 days a year

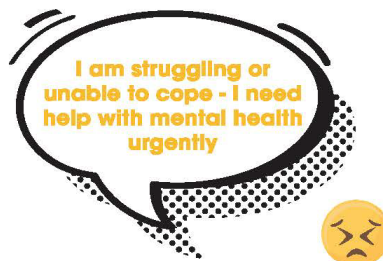


## Traffic Light: Getting help in a crisis



### To explore support options, you could:

- Speak to your GP, who can put you in touch with local services.
- Speak to teachers or other school staff, many schools have staff who are dedicated to supporting mental health.
- Speak to a trusted adult. Don't suffer in silence.
- If you already have a CAMHS team, you can speak to them about how things are.



### To get urgent help, you could:

- Use the guidance on your safety plan (if you already have one).
- Speak to someone you trust, let them know you need support.
- Contact SLP CAMHS Crisis Line for telephone support on 0203 228 5980 between 9am - 11pm, seven days a week.
- Call NHS111
- Reach out to other urgent help providers such as SHOUT or Kooth (see contact details overleaf).



### Call 999 or attend A&E

If there is a threat of serious harm to physical health, even if caused by mental health needs, contacting emergency services is the safest option.

If anyone is at risk of serious harm, call 999 and ask for an ambulance, or the police.