



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 22<sup>nd</sup> May 2023



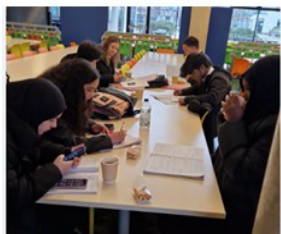
**Ethos statement:** We believe that through individual commitment, self-discipline, integrity and respect for others, we inspire everyone to learn.

### "We are going to win. Whatever it takes." – Mr Lamboi

At the time of writing, Y11s are in the throes of their GCSE exams, with a palpable determination to do well, as can be seen in the images below of them revising in the morning as a collective, supporting one another and attending pre-exam revision booster session.

I would like to take a moment to acknowledge all of our Year 11 students for their hard work and dedication as they complete their GCSE exams. We are incredibly proud of them and wish them the best of luck.

We have a wonderful graduation ceremony and prom planned for when it's all over.



### Role Model of the Term



#### MELISSA

During her 5 years at Southfields Melissa has been nothing but a positive force in the school. She is relentlessly hard-working, passionate about her education and, most importantly, consistently generous and caring towards her peers.

There are too many examples to cite of when she has offered help to others in the tutor group or given advice when it was needed. A magnificent ambassador for the core values of Southfields Academy.

### Upcoming key dates

- Prom and graduation on June 29<sup>th</sup> 2023
- GCSE 2023 RESULTS DAY on 24<sup>th</sup> August 2023

## Year 7 Careers – Ms Frost

The Parents of Year 7 careers initiative continued this week with a visit from Ms Sampaio, a Software Trainer, to 7 SAW. Students tried to guess her occupation from photographs and collectively got very close! We learned about how software can effectively police large organisations from the Police themselves to global financial institutions. Importantly it was not Ms Sampaio's first job nor her ambition from school. She advised the children to be true to who they are and allow themselves to change their minds.

If any more parents and careers would like to take part in this initiative and be happy to talk for 15 minutes to their student's tutor group, please contact [Nicola.frost@southfieldsacademy.com](mailto:Nicola.frost@southfieldsacademy.com)







## Thought for the Week

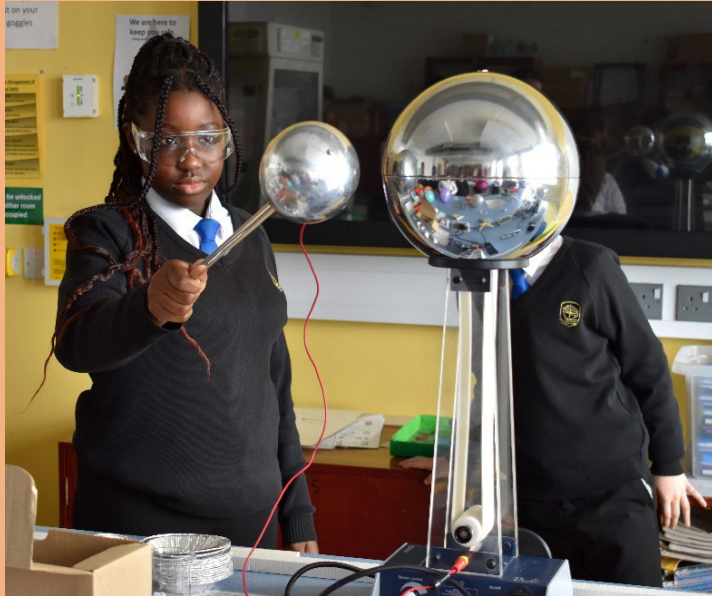
“Positive thinking evokes more energy, more initiative and more happiness.”  
— Brajesh Kumar Singh



### Science Club – Ms El Maadi

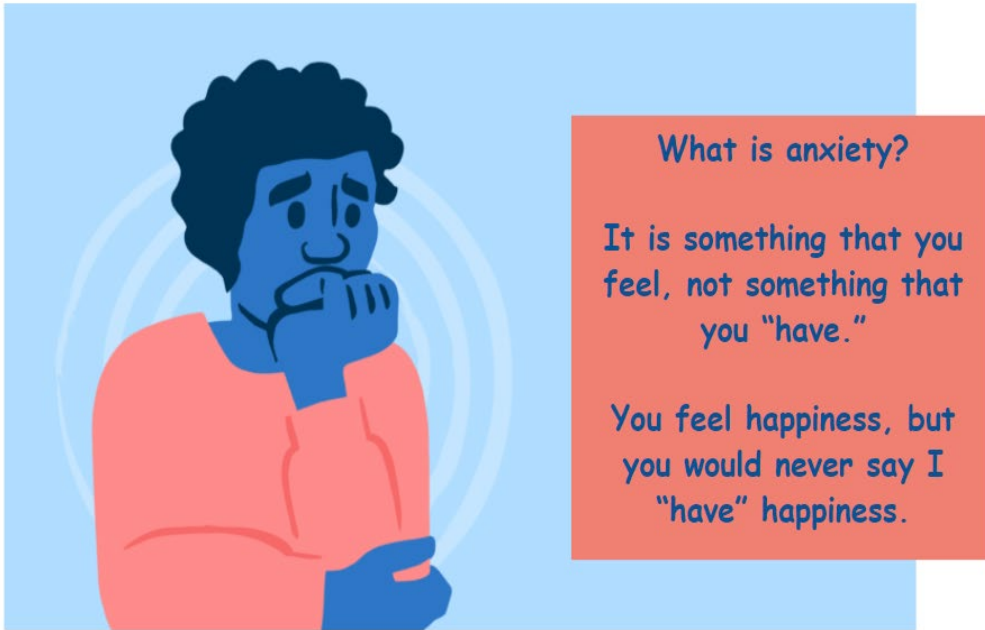
This week students were able to use the Van de Graaff generator. They learned all about static electricity as a Van de Graaff generator removes electrons to produce a positive charge on its dome. A person does not have to touch the dome to start feeling the effects, as static electricity is a non-contact force. This force will act on any charged particle in the electric field around the dome. A person insulated from the ground and touching the dome of the generator will also lose electrons and become positively charged.

Dr Declan Kruppa, one of our science technicians, gave a demo and the students tried a number of different experiments to learn more about static, including flying tin foil bowls, exploding confetti and hair raising!



## Looking Back on Mental Health Awareness Week – Ms Nearn

This past week was Mental Health Awareness Week and the theme was “anxiety.” The following illustrations are from the presentation students saw during tutor time. Anxiety is something I hear a lot about in my role as the Mental Health Lead here at Southfields Academy - who has it, what causes it, and how it is handled.



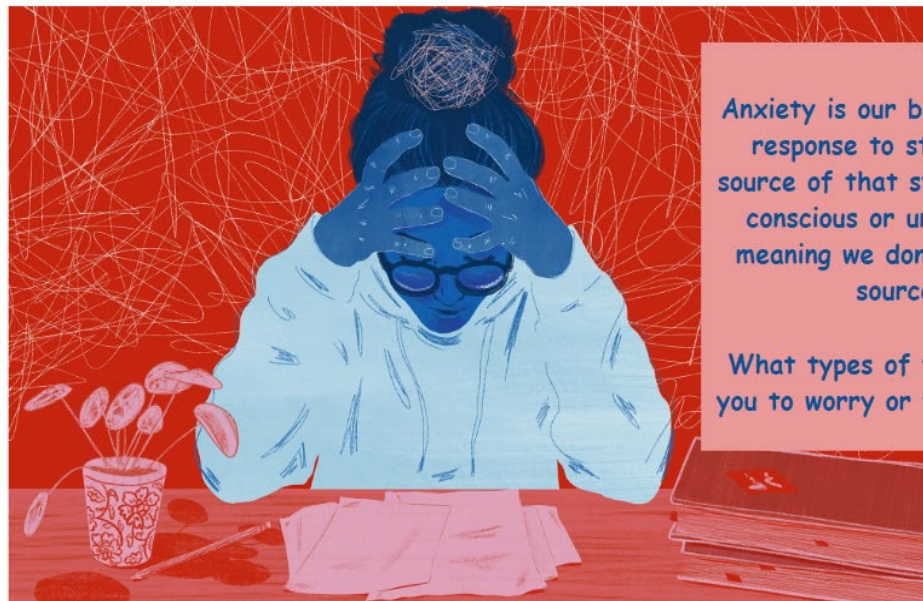
One thing I’ve noticed is that kids are very quick to label themselves, saying things such as “my anxiety” or “my OCD” as if they are a part of their identity. Legitimate disorders aside, I try very hard to counter this trend. How? By teaching young people that anxiety and other feelings are things we experience, not things we are.

I believe we ought to discourage self-diagnosis while young people are still forming their identities. Acknowledging that we all move through phases of discomfort allows them to drop the labels. When they understand that they are experiencing something that will pass, they are more likely to gain perspective on what’s bothering them and to find the courage to face it.

So what is anxiety? It is literally a physical reaction to stress.

Sometimes, anxiety can shut off the thinking part of our brain and throw us into fight/flight/freeze mode - our brain’s instinctive reaction to danger.

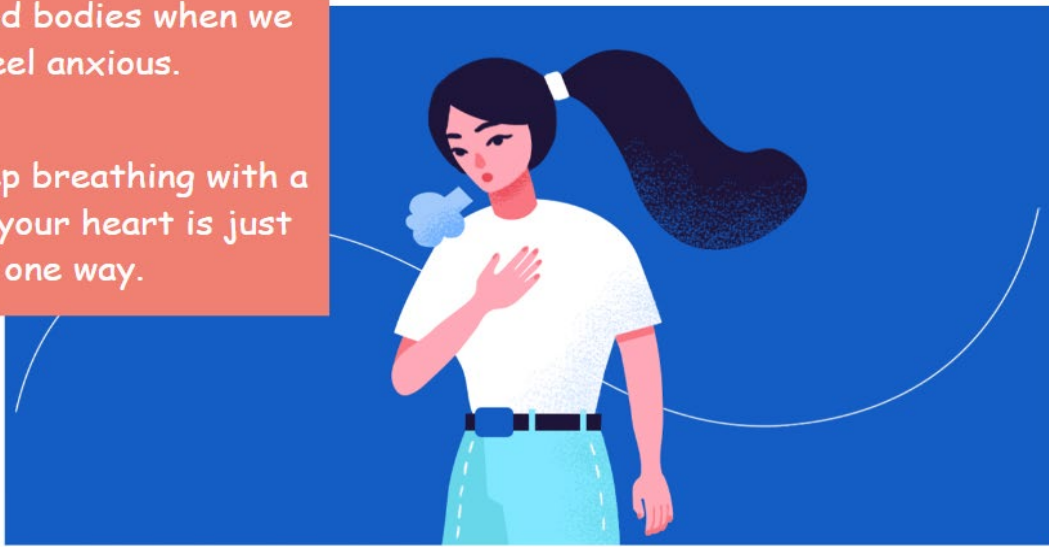
Unfortunately, brains are not always good at sifting real danger from imagined danger, and need a bit of help calming down.





We can all learn to calm our minds and bodies when we feel anxious.

Slow, deep breathing with a hand on your heart is just one way.



It can be very scary when we feel we are not in control of our bodies or emotions. Thankfully, our breath is our greatest ally that can help calm the brain and ourselves. It is easy, free, and feels really great.

I am neither a mindfulness teacher nor an expert, but there are many fantastic free resources on YouTube such as [this video](#) which was shown to years 7-9, and [this one](#) which was shown to years 10-13, to help you.

Students and adults alike can also download a free app called [Insight Timer](#) which is the #1 mindfulness app for sleep, anxiety and stress, or visit [kooth.com](#) (for young people) or [Qwell.io](#) (for adults) for more general support including live chats with counsellors.

Calm breathing is a form of mindfulness and a powerful tool for combating stress and worry.

Need more tips on dealing with anxious feelings? Let's talk about it.

Our visiting counsellors and EWP's are specialists who can help you.



See Ms Nearn in B160, your tutor, or talk to any adult you like and trust.

If you'd like me to talk to your child about anxiety or anything else they are feeling, remind them that they can drop by and see me at any break in room B160. They can also make a self-referral to our visiting Education Wellbeing Practitioners team who are specialists in working with anxiety, worry, and low mood.



## Wandsworth Year 7 and 8 Girls' Football Tournament – Ms Lenton

### Year 7/8 A-team:

Congratulations to our girls' Year 7 & 8 A football team who won their tournament on Wednesday 10th May and came away with gold medals. All girls put in an outstanding performance. They won all three games, scored 15 goals altogether and only conceded 2. A special shout out to **Soraya** from Year 7 who played for the Year 8 team and scored many goals but most importantly scored the winning goal in the final game.

Another special mention to **Sahara** our top goal scorer and **Rakaiya** for her outstanding performance. All three girls were awarded players of the tournament from their team.



### Year 7 team:

Congratulations to our girls' Year 7 football team who came second in their tournament on Wednesday 10th May and came away with silver medals. This was the first time these girls have played together, they put in a brilliant performance and won two out of three games.

A special shout out to **Angelia** for getting player of the tournament from her team, she stood out in all three games. Another special mention to **Inna** and **Zeniyah** for being our two goal scorers during the tournament. It was a team effort for both teams and all girls were amazing, keep up the hard work girls!

We look forward to seeing them play more from September.







# Southfields Academy Chess Tournament 2022-23



**Monday 12<sup>th</sup> June 2023. IEAP Day.**  
**Main Hall. 9:00-12:00**



- All year groups and abilities welcome to enter.
- Please sign up on the sheet outside Mr. Spencer's classroom – A222.
- Cash prizes and trophies to be won.



## Dates for Your Diary

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  
Thursday 6<sup>th</sup> July 2023 – Year 13 Leaving 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



## 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

# Eating disorders. Know the first signs?



## Lips

Are they obsessive about food?



## Flips

Is their behaviour changing?



## Hips

Do they have a distorted beliefs about their body size?



## Kips

Are they often tired or struggling to concentrate?



## Nips

Do they disappear to the toilet after meals?



## Skips

Have they started exercising excessively?

## Online and Telephone Support

Visit [beateatingdisorders.org.uk](https://beateatingdisorders.org.uk) for information about eating disorders, and [helpfinder.beateatingdisorders.org.uk/refer](https://helpfinder.beateatingdisorders.org.uk/refer) for more referral information.

Beat Youthline: 0808 801 0711

[@BeatED](https://twitter.com/BeatED)

[@BeatEDSupport](https://www.instagram.com/BeatEDSupport)

[beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

**Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.**

## Support for parents from Beat

### Nexus

**Nexus** is a telephone support service for parents and carers caring for a child who has an eating disorder. Through Nexus, parents will be able to connect weekly with a trained Beat advisor, who will provide a place to talk through what they are going through and empower parents to help their loved one towards positive change.

### Solace

**Solace** is a peer support group hosted over Zoom. It gives parents and carers the opportunity to share their feelings and get support from others in a similar situation.

To make a referral call Beat's CarEd Supportline – 0808 801 0356. Parents and carers can also access these services through referral from their GP or calling the CarEd Supportline directly.

London Community Eating Disorder Services for CYP	CONTACT
Central North West London NHS Foundation Trust (CNWL)	020 3315 3369
East London NHS Foundation Trust (ELFT)	020 8215 5270
North East London NHS Foundation Trust (NELFT)	0300 555 1216
Royal Free London NHS Foundation Trust	020 7794 0500 ext 39930
South London and Maudsley NHS Foundation Trust (SLAM)	020 3228 2545
South West London and St George's Mental Health NHS Trust (SWLSTG)	020 3513 6793
West London NHS Trust	020 8354 8160

For more referral information: [helpfinder.beateatingdisorders.org.uk/refer](https://helpfinder.beateatingdisorders.org.uk/refer)

## Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

## PARENT/CARER SUPPORT PROGRAMME

**For parents/carers whose young people are on the CAMHS treatment waiting list!**

The 8-week online Parents/Carers Support Group is a safe and confidential space for parents/carers to gain information and skills to support their young person as well as receive peer support from other parents/carers.

### Eligibility

Parent/carers whose adolescents (11-16) are on a CAMHS treatment waiting list with the main presenting concerns of:

- anxiety,
- depression,
- self-harm
- and/or suicidality
- Does NOT include PTSD, an eating disorder, significant learning disability

### Groups start dates/times

**7th June (Wed) 17.30-19.00**

**9th June (Fri) 10.00-11.30**



**Referrals are welcome from all London CAMHS services (Tier 2&3)**