



Southfields Academy Weekly Newsletter

Week Commencing Monday 3rd July 2023



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

Farewell Year 13

On Tuesday 27th June 2023, we held our annual Prom for the Year 13s. It was a great celebration with the Year 13s dressed to perfection!

The ceremony was filled with incredibly talented musical performances from Charlotte, Marcel, Daniel and Jigme, brought together and ably assisted by Michael Gumble. This was all interspersed with the awards, laughter and memories from past years at the Academy.

Parents were then invited to take pictures in the courtyard before the students enjoyed a lovely buffet and dancing courtesy of DJ Shaquille from 13PEA.

Thank you to everyone for making it such a memorable event and to Year 13, good luck in everything that you do in the future!





Thought for the Week

"I can be changed by what happens to me. But I refuse to be reduced by it." — Maya Angelou



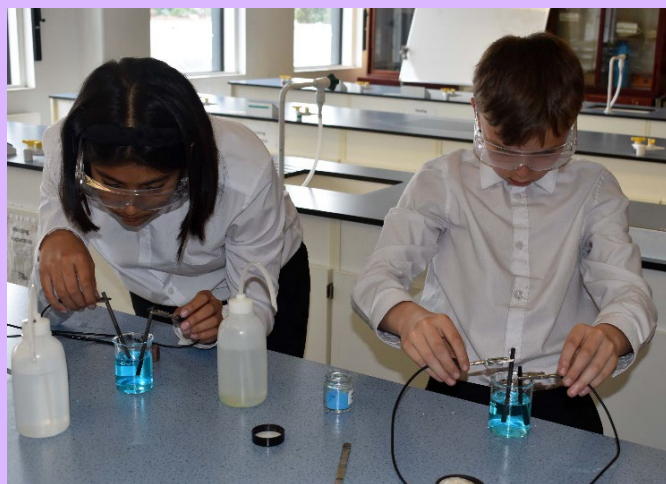
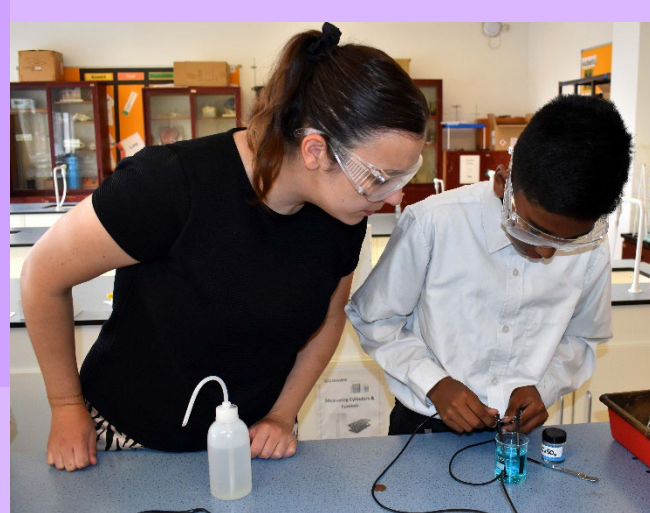


Science Club – Dr Kruppa

This week in Science Club, our students took on the challenge of trying to extract copper from the compound Copper Sulphate. Copper Sulphate comes in the form of beautiful blue crystals and looks very different from copper metal; can there really be copper in there? To split up the Copper Sulphate molecules, the students used a method called electrolysis.

One of Britain's greatest scientists Michael Faraday coined the word from electro, referring to electricity and lysis meaning to split, so electrolysis means to split up using electricity. The students dissolved the Copper Sulphate in water to make a blue solution.

Then they used two carbon electrodes to pass an electric current through the solution. As the current flowed, the copper ions in the solution were attracted to the negative electrode. After a few minutes the electrode became covered in a thin film of pure copper - the experiment was a success.



Girls Cricket Festival – Ms Lenton

Some of our Year 7, 8 & 9 students had an excellent day in the sun at Spencer Cricket Club last week for a cricket festival. The Spencer Cricket Club coaches led the girls through a range of batting, bowling and fielding activities. The girls then played a match against Burntwood and won with 109 runs.

All girls were outstanding and are a true credit to Southfields. Well done girls, keep up the hard work.



National School Sports Week 2023 – Ms Lenton

Last week, students across the school took part in a number of sporting challenges and activities to celebrate National School Sports Week 2023. A campaign initiated by the Youth Sports Trust, its aim is to encourage students to complete a minimum of 60 minutes of physical activity per day.

Each day started with tutor groups completing a variety of activities including a 5-minute Joe Wicks workout, to standing yoga and a Just Dance routine. Break times included competitions against PE staff, skills challenges and fitness workouts. The highlight being the students beating the staff in a tug-of-war contest. After school, clubs were the busiest they have ever been with lots of newcomers trying out new things.

As the year ends, we are hoping to have a large turnout to clubs over the next couple of weeks, concluding with a brilliant sports day for Year 7, 8 and 9 on 17th July. More information to follow shortly.



Caterpillar to Butterfly: The Story of Adolescence – Ms Nearn



If you have a child in secondary school, at some point you've probably asked yourself, "What the heck has happened to my sweet, agreeable, enthusiastic kid?!" You remember when they wanted to help you cook, play with the dog, or at least chat and share a joke. But now? Nothing but a filthy bedroom, secrets, and sullen looks.

When talking with kids, it's clear that they are as confused about the changes they are experiencing as you are. I hope this metaphor will give everyone a bit of perspective about the messy and sometimes painful metamorphosis that they are going through.

When a caterpillar is born, it spends its days eating and growing very rapidly - up to 100 times its original size. Several times during this stage it will outgrow itself and shed its skin (moult) until it reaches caterpillar maturity. When it can grow no more, it spins itself into a cocoon, or chrysalis, as it prepares to become its future butterfly self.

Once the caterpillar is secure in its chrysalis, something shocking happens: it begins to self-destruct through the activation of enzymes which begin to digest its own body, turning it into a goo of protein-rich, nutritive "soup." At this point, the potential to be a butterfly is still unknown. However, there are a few cells called imaginal discs that don't disintegrate. They contain the blueprints for the soon-to-be butterfly, and use the nutritive soup to fuel their rapid division and growth.

Once fully formed, the butterfly chews a hole in the cocoon and begins to wiggle and force its way through. This process pushes liquid into the fine channels of the butterfly's wings, giving them the firm structure they will need for flight. Helping the butterfly out of the cocoon will prevent it from ever flying; it needs the struggle to strengthen its wings.

At the beginning of adolescence, young people are a lot like the caterpillar dissolving in its cocoon before the imaginal cells have kicked into action. They (and their parents) may be very disoriented as the person they used to be fades away, yet the person they will become is still unknown.

During this time, the potential butterfly is vulnerable to predators and environmental factors that can affect its development, and so are young people. That's why, as parents and carers, we must allow our children the space to develop, while keeping them safe at the same time. Boundaries are still important!

As adolescence progresses, imaginal cells start to light up and pull the young person forward in their evolution. They may push against the status quo as they develop their own beliefs and opinions; they may discover a new passion or skill that turns into a vocation or career; they may experiment with their identity or sexuality; and they may pull away from the family as their independence grows. This is all normal and expected - they are strengthening their wings!

The key to success is for parents to remain fascinated by the process, and to be alongside their child as they develop without too much interference or judgement. The struggle, the angst, the unknowns, and yes - the fear (yours and theirs) - is a vital part of the spectacular metamorphosis from child to adult. And rest assured that slowly, over years, your teenagers *will* grow into their beautiful butterfly selves.

Dates for Your Diary

Tuesday 4th July 2023 – Year 6 Induction Day
Tuesday 4th July 2023 – International Group Leavers' Celebration
Tuesday 11th July 2023 – Open Morning
Friday 14th July 2023 – KS3 Trips Day
Monday 17th July 2023 – KS3 Sports Day
Friday 21st July 2023 – INSET Day

Southfields Academy Open Events

There is a final opportunity to attend an open morning at the Academy this term, on Tuesday 11th July from 09:00 – 10:15.

There will a number of dates in September and October, which will be published shortly.



* QUIET TIME *

WHATEVER YOUR PLAYGROUND
WE'VE GOT YOU COVERED

With nearly 200 years of expertise, it's safe to say we know what it takes to craft the right shoes for growing kids. And we're here to help you find the perfect pair for happy, healthy feet as they head back to the classroom.

Shoe shopping can be overwhelming for some children. If you'd like to visit us during a time with fewer crowds, noise and bright lights, then book a **Quiet Time appointment**.

TO BOOK YOUR QUIET TIME APPOINTMENT, CONTACT CLARKS
CLAPHAM ON 020 7924 3059

Clarks.



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