



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 25<sup>th</sup> September 2023



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

### Year 8 News – Mrs Millward

It has been wonderful to welcome back all our Year 8 students and those that are new to the Academy.

Year 8 has got off to a flying start with Mrs Frost and I inundated with shout-outs from teachers praising Year 8 students for their hard work, courage, determination and contributions to lessons - all of which we celebrated in our first year group assembly on Monday. Once again, the hotly contested prize for highest attendance last week went to 08LAN while 08SAW finished top with the highest number of positives. It's all to play for this week so keep up the good work Year 8!

As we embrace the theme of kindness this term, all Year 8 students will be issued with small thank you notes that they can give to any member of staff working in the Academy should they want to pass on their gratitude for something. Please encourage your child at home to embrace this kindness initiative.

No act of  
**KINDNESS**  
no matter  
how small  
is ever  
wasted.

To \_\_\_\_\_



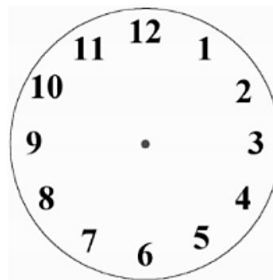
For \_\_\_\_\_

\_\_\_\_\_

Mrs Frost has launched a new weekly numeracy challenge that has already proved popular with several students completing the task correctly. Congratulations go to the following students - **James, Inna, Mahid, Yusha, Ayan and Reuban**. The challenge has been set for next week good luck!

### Numeracy Challenge Week 2

Use 2 straight lines to split the clock face into 3 parts, so that the sums of the numbers in each of the parts are equal.



Please be aware that after school sports clubs have now started and the full list of extra-curricular activities can be found on the Academy website and for students, on the noticeboard outside the Year 8 office. I will continue to run my weekly homework club which will now take place on a Tuesday in SEND A108.



## Thought for the Week

"Be kind whenever possible. It is always possible." — The 14th Dalai Lama.



### Book Recommendations – Ms Sulliman

Every week, an adult in our community recommends a book to the students via assemblies. These recorded recommendations are played to students in Y7-13 as studies show that recommendations from those known to us are more likely to get us reading!

Each week, the recommended read will also be shared in the Parents' Newsletter, with a QR code that you can scan for more information about the book.

This week, **Ms Minto** is recommending '**The Lovely Bones**' by **Alice Sebold**. Whilst this book does come with a **trigger warning** due to some of its distressing themes, Ms Minto spoke to students about how she has re-read this book recently. Having read it as a young adult, Ms Minto has read it again as a teacher and spoke to students about how her interpretations were different.

She recommends the book because of the narrative voice- that of a child- and how as a reader, she was able to understand subtext differently to the narrator.

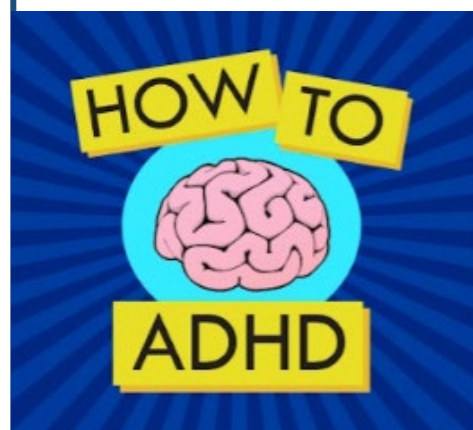
As with all recommendations, Ms Minto has encouraged students to seek her out to discuss 'The Lovely Bones', if they choose to read it!



### Understanding the ADHD Brain – Ms Nearn

Do you have a neurodiverse child? If so, the more you understand about how their brain works, the better you can support them both emotionally and academically. It's well known that anxiety is ADHD's most common comorbidity. That is partly due to the amount of stress and worry they experience just trying to do "normal" things. This video - [ADHD and Motivation](#) - is excellent for explaining why they find it so hard to do those "normal" things. (The whole channel - [How to ADHD](#) - is excellent, actually.) Watching it will not only change your perception of your child, it will help you adapt your parenting so they can thrive.

You might also be interested in a free online resource called [ADDitude](#). It is packed with information and even has a special section just on ADHD parenting.



[www.sparxmaths.uk](http://www.sparxmaths.uk)

Dear parents & carers,  
Every student in Years 7,8,9,10, 11, IG and mature maths will be set homework each week in maths on Sparx maths.

For every student, it will be

Set: Thursday 08:00

Due: Tuesday 08:00

**Incomplete or no homework will result in a catch-up detention to complete the work on Thursdays after school until 3:45.**

There will also be lots of rewards including:

- Positive logs
- Positive phone calls home
- Termly prizes in assembly - chocolates and certificates
- Reward trips



## Chess Club 2023-24



Mr. Spencer



**A222  
Every Tuesday  
3pm**

**All ages,  
all abilities  
are welcome.**



We have our annual Southfields Academy Chess competition, open to all students, taking place on IEAP day 1 – Tuesday 14<sup>th</sup> November.

More information to come.



## MFL – Ms Ratkevicius

*"Language is the armoury of the human mind, and at once contains the trophies of its past and the weapons of its future conquests". Samuel Taylor Coleridge*



The European Day of Languages is a well-established opportunity to raise awareness about language learning and linguistic diversity.

Did you know that there are 70 languages spoken at Southfields Academy? How amazing is that?

## KS3 Film Club

*Love watching and discussing films?*

Tuesday Break 2	D285	CRL
Friday Break 1	C278	GRT

Our first showing will be:

**Uncharted (2022)**



## Dates for Your Diary

Wednesday 27<sup>th</sup> September 2023 – Open Morning  
Tuesday 3<sup>rd</sup> October 2023 – Open Morning  
Wednesday 4<sup>th</sup> October 2023 – Open Morning  
Thursday 5<sup>th</sup> October 2023 – Open Evening  
Tuesday 10<sup>th</sup> October 2023 – Open Morning  
Wednesday 11<sup>th</sup> October 2023 – Open Morning  
Tuesday 17<sup>th</sup> October 2023 – Open Morning  
Wednesday 18<sup>th</sup> October 2023 – Open Morning  
Thursday 19<sup>th</sup> October 2023 – Y12 Meet the Tutor Evening

## Upcoming Events For Parents & Carers Autumn Term 2023 Supporting your teenager's mental health webinars

**26TH  
OR 28TH  
SEPT**

Mental Health During The Teenage Years -  
An Introduction And Overview  
For all secondary & college parents/ carers

Getting Into School - Common Challenges &  
Supporting School Avoidance  
For all secondary & college parents/ carers

**12TH  
OR 18TH  
OCT**

**16TH  
OR 17TH  
NOV**

"I Wish I Looked Like Them" - Helping Teens  
Navigate Body Image Issues  
For all secondary & college parents/ carers

Understanding and Supporting Teen Sleep  
& Self-Care  
For all secondary & college parents/ carers

**4TH  
OR 7TH  
DEC**

We also provide free 1:1 early support programmes for young people to support with their anxiety or low mood. Speak to your school to find out more

[Click here](#)

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.

