



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 9<sup>th</sup> October 2023



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

### Year 10 News – Ms Gbolonyo

#### New Beginnings

Year 10s have had a positive start to the academic year. Staff across all different subjects have been sharing how impressed they are with students' engagement and contributions in lessons.

Ms Boothe, the year team and I have been very impressed by how students have adjusted to this transition and look forward to the amazing accomplishments of this academic year and beyond.

#### Student voice:

"The change from KS3 to KS4 has been huge, but all my teachers have been very supportive and encouraged me to do my best"

"I am excited to study GCSE subjects linked to my chosen career choice"

#### Learning to Learn Workshop

Every Thursday 3-3.45pm students have been selected to attend my 'Learning to Learn' workshop. This is designed to support students by improving their quality of homework and independent learning. During the session I will offer support to students in how to organise their time and prioritise to ensure they meet homework deadline with excellent quality.

If your child has not been selected to attend but you would like them to please inform your child's tutor or email me at [stella.gbolonyo@southfieldsacademy.com](mailto:stella.gbolonyo@southfieldsacademy.com).

### How to Learn More Effectively

Teach what you're learning

Relational learning

Practical experience

Take tests

Avoid multitasking

Learn in multiple ways

Don't be afraid of making mistakes

## Learning to Learn Year 10 Workshop

Supporting with homework, organisation and independent study!

Every Thursday 3-3.45pm in A212

### Learning to Learn

Understand why you want to learn

Read advanced books

Help others with your learnings

Take notes in simple words

Find real life projects to work on

Practice examples from books

Skim an intro book



## Thought for the Week

"Always be a little kinder than necessary." — James M. Barrie



### Year 10 Black History Month Competition

# Competition time

## "Saluting our sisters"



Research a significant black female figure who has had a significant impact in their field.

**What to do:** Create a poster, poem, song, drawing of that significant female celebrating their work.

**Hand in date:** Tuesday 17<sup>th</sup> October to Ms Gbolonyo



### Year 10 Parent Work Shop

We would like to invite all Year 10 parents/carers and your child to an event called 'Helping Your Child to Succeed'.

The purpose of the event is to:

- act as an introduction to key stage 4, including the demands and expectations
- highlight some of the key events in the Year 10 calendar
- provide you with strategies to support your child with the challenges of Year 10 and the upcoming mock exams

The event will include:

- How to succeed in the core areas: English, maths and science
- Strategies for parent/ carers to help your child achieve
- Strategies to support excellent attendance and emotional well-being

**Date:** Thursday 12th October 2023

**Time:** 4-5pm

**Location:** Main Hall, Southfields Academy

A reminder to please ask your child to return their reply slip to Ms Gbolonyo or Ms Boothe.

This event is not to be missed! See you then!

### Upcoming important dates:

Year 10 Parent Workshop Thursday 12<sup>th</sup> October 2023 4-5pm

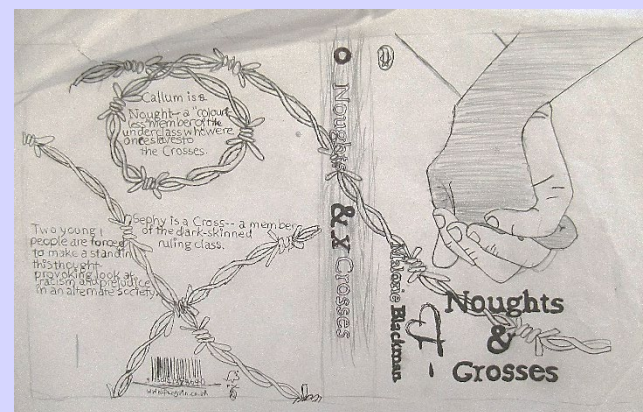
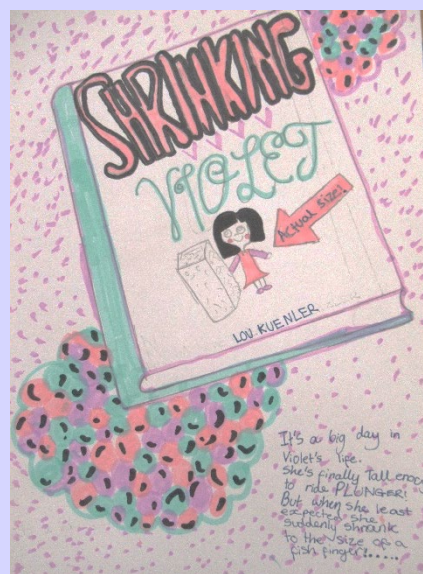
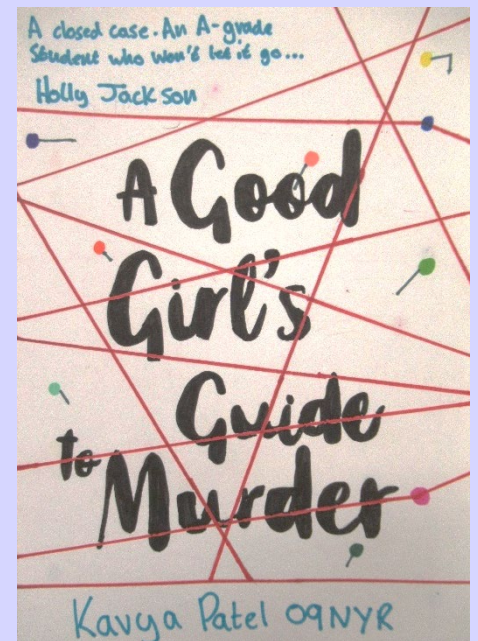
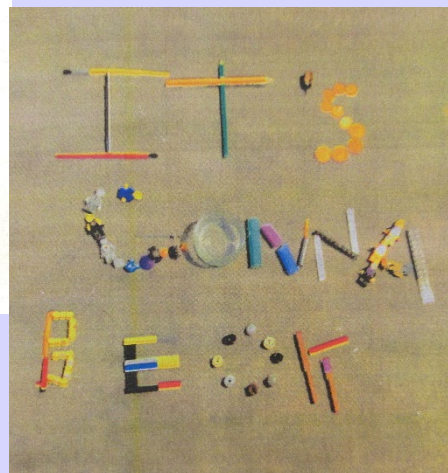
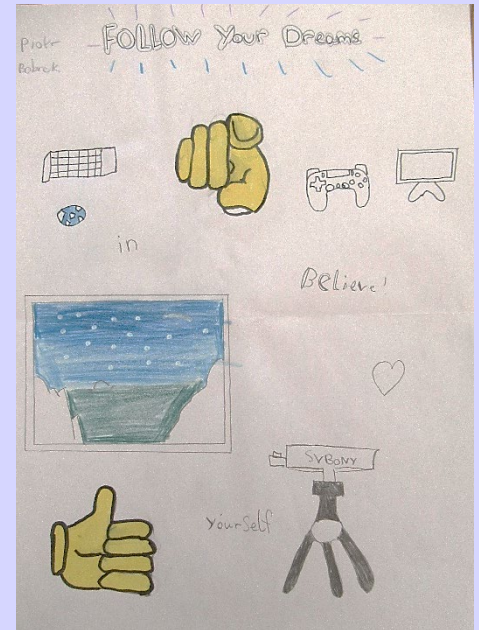
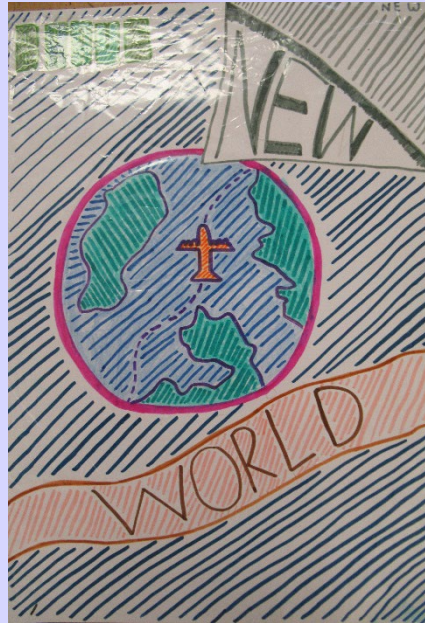
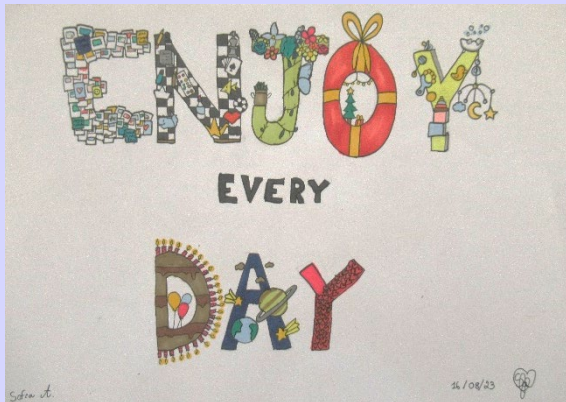
IEAP Day Tuesday 14<sup>th</sup> November 2023



## ADT Homework – Mr Smith

Please see some excellent efforts and contributions by our returning students into Year 8 and Year 9.

The Year 9 cohort were asked to design an illustration for their favourite book that they have read, while the new Year 8s were asked to design a positive message using everyday objects to create a positive message.



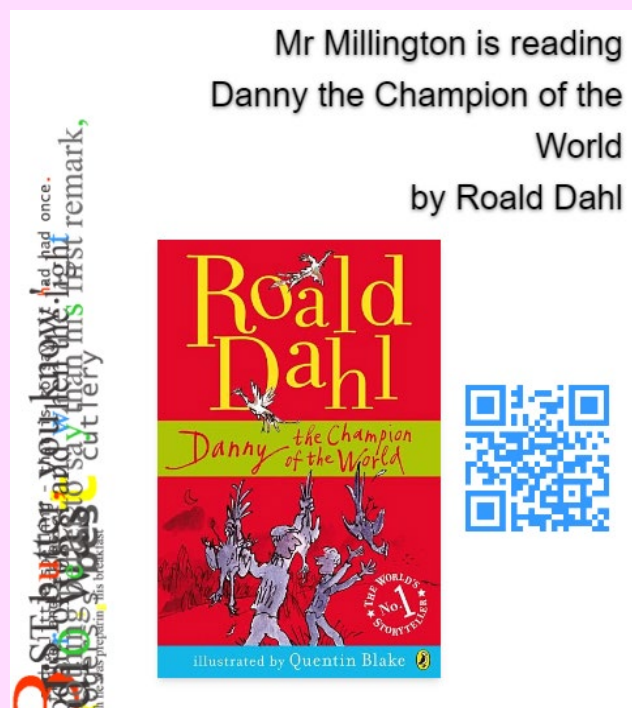


## Book Recommendations – Ms Sulliman

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 and on Instagram, with a QR code that you can scan for more information about the book.

This week, **Mr Millington** is recommending **‘Danny the Champion of the World’ by Roald Dahl**. Mr Millington remembers reading this book to his own children, with the final lines of the novel standing out to him: a plea to the child who has just finished reading the story, that when they are grown up with children of their own, they will be as exciting a parent to them as William was to Danny! He told students what a great story of class struggle as well as the love between a parent and child, this book is and encouraged them to give it a read.

As with all recommendations, Mr Millington has encouraged students to seek him out to discuss 'Danny the Champion of the World', if they choose to read it!



## Macmillan Bake Sale – Ms Jaffer

Last Friday we held a fundraiser for the McMillan Cancer Support. Our Year 11 Catering students baked Victoria sponge cake, chocolate brownies and banana bread, whilst some members of staff contributed their own wonderful baked goods including some very popular chocolate cup cakes and cookies!

The Southfields Academy community were incredibly generous with their time and their cash and we raised over £100! Every last crumb was sold, so thank you to all the student helpers during the event, the wonderful bakers from our staff and student community and to everyone who came and bought some treats.



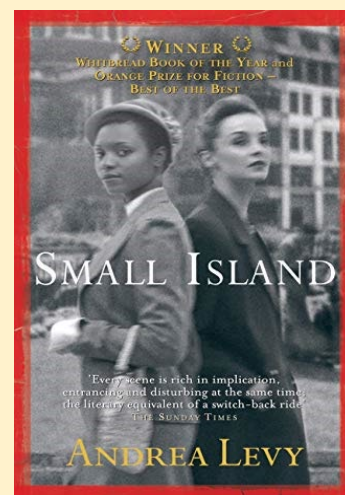
## Black History Month – Ms Atley

Miss Atley wanted to find out more about the experience of the Windrush Generation and read 'Small Island' over the summer and found inspiration for this year's Southfields BHM competition.

Andrea Levy in her book 'Small Island' describes the experience of Jamaicans coming over to post-war Britain in 1948 to help rebuild the country. It features Gilbert who fought in the RAF, regarded himself as British, and is shocked by the racism and discrimination he experiences in Britain.

A theme in the book is that when Gilbert says where he is from, no one in Britain has any idea where Jamaica is or any understanding about Jamaican history.

Many people living in Britain at the time had little knowledge about other places and cultures and the history of other countries.



Black History Month is an opportunity to explore the history of other countries and try to redress this imbalance. We try to include world history all year round in our history lessons, but we are limited to one or two lessons a week.

So, this Black History Month we are running a competition for students to research the history of any country in the Caribbean or Africa and create a poster about it. There will be prizes for the best entries. These posters will be put on display in the foyer to help others learn more about the unique history of different countries.

Please encourage KS3 students to get involved and we look forward to sharing the winning posters in the newsletter towards the end of October. Any questions, ask Miss Atley or a member of the history department.

## Black History Month KS3 Competition

**Produce a poster about the history of any country in Africa or the Caribbean. This will form part of a display in the foyer for Black History Month. Please ask your history teacher if you have any questions. Prizes for the best entries!**



Possible things to include:  
A map with the key cities  
A timeline

Key facts about the country now

Pictures of key events in their history (with an explanation)  
Whether the country was a colony and how they became independent  
Famous leaders





## Duke of Edinburgh – Dr Stackhouse

On Thursday and Friday our pilot group for Duke of Edinburgh completed their Bronze expedition near Biggin Hill in Kent. During the expedition the students had to show map reading, camping and cooking skills, all while carrying all their equipment to be completely self-sufficient.

The students showed resilience on the two occasions where they lost their way, calmly using their orienteering skills to get back on track.

Our expeditioners also showed great camp craft, making a camp fire in the evening to keep everyone warm!



## Get Talking on World Mental Health Day – Ms Nearn



Every year World Mental Health Day is celebrated on the 10th of October. This year ITV have launched a campaign called, “Britain, get talking!” featuring Ant and Dec.

The campaign was launched with this hard-hitting [video](#).

The aim is to create an important national conversation - and in doing so, help all children share what's on their minds through a unique homework exercise: talking about their worries and fears.

Getting your child to talk is just half the assignment - your half is to listen!

Listening well means not just waiting to say something. It means giving them your *full* attention: Phones down, eye contact, relaxed body language, and nodding and responding with words like “go on” and “tell me more.”

The Dalai Lama said, “When you talk, you are only repeating what you already know. But if you listen, you may learn something new.” Never is this more true than when listening to our children’s troubles and fears. It also shows respect and empathy for their experiences and their perspective.

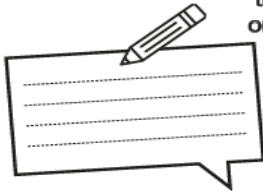
So next Tuesday, you’ve got homework too! Set a good example and take the time to listen to your kids. If you are worried about their mental health or emotional wellbeing, please speak to their tutor so we can offer appropriate support. If you are worried about your own wellbeing, please speak to your GP. Everyone deserves to be listened to.

### Get talking

1

Ask your parent, carer, or an adult you trust if they'll help you with your homework.

Tell them not to worry - nothing will be marked, and they won't even need a calculator!



2

If you're not sure where to start, try writing or drawing your worries or fears on the front cover of this exercise.

You can use the box or go outside the lines. Remember: there are no right or wrong answers.

3

Now, spend time together talking through any worries one by one. Discuss questions such as:

*How does it make you feel?*  
*What are you most afraid might happen?*  
*Would it help if you had more information?*

### Get listening

Even if we're used to talking together, it can be hard to open up about our worries or fears, particularly the more serious or scary ones. Perhaps you're afraid that talking about them might make you both worry more,

but the reality is the opposite is more likely to be true. When we talk about the hardest subjects, we don't have to have all the answers. The important thing is to listen without judgment, and try not to rush to resolve the problem.



## Information from Children's' Services - Wandsworth

We aware that a number of school staff and pupils are being struck down with infectious diseases, including COVID. This [link](#) provides accessible information to guide parents in deciding whether to send their children to school.

Wandsworth Council are hosting the boroughs first Reuse and Repair fair at the Royal College of Arts on Saturday 14<sup>th</sup> of October. Perfect for families the day is free and open to all, with activities and workshops happening from 10-4pm including upcycled denim draught excluders, recycled collage making, sewing skills, refill stations, bike repairs and more.

Free registration is encouraged and more information is available here: <https://www.eventbrite.co.uk/e/reuse-repair-fair-tickets-715270672837?aff=oddttdtcreator>

Finally, you may well have seen that the NHS consultation on the new Principal Treatment Centre for children's cancer care has now gone live: [Proposals for the future location of very specialist cancer treatment services for children living in south London and most of south east England - Transformation Partners in Health and Care](#)

The two options being consulted on are St George's Hospital, which has 25 years of experience and expertise in delivering paediatric cancer care including complex surgery and provides the current service in collaboration with the Royal Marsden, and the Evelina London.

You can read more about the consultation via this [link](#) and complete the consultation [here](#).

The consultation launched on Tuesday 26 September and will run until midnight on Monday 18 December 2023.

Please could we ask you to share this consultation as widely as possible, as it is really important that all our local families are aware of this consultation in order to keep the best care local.

### Dates for Your Diary

Tuesday 10<sup>th</sup> October 2023 – Open Morning  
Wednesday 11<sup>th</sup> October 2023 – Open Morning  
Thursday 12<sup>th</sup> October 2023 – Year 10 Parents' Workshop  
Friday 13<sup>th</sup> October 2023 – Year 7 Enrichment Fair  
Tuesday 17<sup>th</sup> October 2023 – Open Morning  
Wednesday 18<sup>th</sup> October 2023 – Open Morning  
Wednesday 18<sup>th</sup> October 2023 – Careers Fair  
Thursday 19<sup>th</sup> October 2023 – Y12 Meet the Tutor Evening  
Thursday 19<sup>th</sup> October 2023 - Year 13 C4C Parents' Evening  
Monday 23<sup>rd</sup> October 2023 – Half Term Break  
Monday 30<sup>th</sup> October 2023 – Academy Resumes  
Wednesday 1<sup>st</sup> November 2023 – Year 11 Parents' Evening

### Open Evening – Thank You

The Academy held its annual Open Evening on Thursday 5<sup>th</sup> October. The Academy was buzzing with staff and students displaying our wonderful talents and facilities to a throng of parents and prospective students.

Our students were informative, enthusiastic, and polite; a credit to the Academy, showing off the best that we have to offer. Many thanks to all our student helpers who came back after school to help, a job well done!

We had a record number of parents / carers visiting and here are a few of the comments received on our feedback forms:

*"The teachers and students are nice, kind and funny!"*

*"It's perfect; I almost want to return to school myself."*

*"All questions were answered and the answers reassuring!"*

*"The building and facilities are amazing offering students such great opportunities."*

*"The best open evening we have been to!"*

*"Convinced it is the right 'happy' school."*

*"Great displays by enthusiastic students of their work."*



## 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.



## The Great British Bake Off - Series 15 – 16+ Applications Required!

The Academy recently received this request from Saydee at Love Productions for Channel 4:

"I work on the casting team for The Great British Bake Off. We are excited to announce that the applications are now open and we are looking for talented amateur bakers!

As always, we are keen to spread the word about applications being open and hear from anyone who might be interested in applying.

We were wondering if you might be able to help us spread the word by distributing the attached flyer to your staff/pupils or sharing in your newsletter.

In the meantime, if you know someone who you think has what it takes to bake in the tent, then please do encourage them to visit [www.applyforbakeoff.co.uk](http://www.applyforbakeoff.co.uk)

Applications close at 1pm on Tuesday 2nd January 2024!"

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[WWW.APPLYFORBAKEOFF.CO.UK](http://WWW.APPLYFORBAKEOFF.CO.UK)

APPLICATIONS CLOSE ON TUESDAY 2ND JANUARY 2024 AT 1PM.  
MORE INFO: [APPLYFORBAKEOFF@LOVEPRODUCTIONS.CO.UK](mailto:APPLYFORBAKEOFF@LOVEPRODUCTIONS.CO.UK)