



Southfields Academy Weekly Newsletter

Week Commencing Monday 16th October 2023



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

Year 11 News – Ms Donkor

What a positive start to Year 11. We are all extremely proud of the strides our Year 11s have taken to embrace the new academic daily routines that are required of them this year. We have already received a countless number of positive shout-outs and feedback from classroom teachers across all departments. Not to mention the noticeable positive attitude towards their education. This can be seen through their fantastic attendance and punctuality to school (last week the overall attendance figure was 97%) which demonstrates how motivated your child is to succeed. Not to mention the commitment shown by them to attend their period 6 booster sessions.

There are just under 8 weeks until your child begins their first set of mock examinations, these will begin on Monday 4th December. As always, we ask that you encourage your child at home to revise and we will endeavour to ensure they have the resources needed to help them to do this.

We thank you for your support and cooperation with uniform, attendance (booking medical appointments outside of school hours) and your overall communication with the year team. We look forward to continuing this journey with you all. We are only ever an email/phone call away should you need some support or have a query.

A very important date for your calendars, **Wednesday, 1st November is the first parents evening of Year 11 and we look forward to seeing you all there.**

The International Day of the Girl – Alimatou Ceesay

On Wednesday 11th October 2023, 13 pupils across Year 7 – 9 represented Southfields Academy at Stamford Bridge, the home of Chelsea Football Club, to celebrate the Day of the Girl.

The International Day of the Girl (IDG) is a global platform to advocate for the full spectrum of girls' rights.

The students participated in three different girl empowerment activities including: making solar powered cars, sports analysis and website creating.

One of our group finished with an 'honourable mention' for their incredible solar powered car module. The students were delighted to receive a backpack full of school supplies to take home with them.

The highlight of the trip was being able to go over to the Chelsea football club pitch and take lovely photos with other schools and mentors.

A special shout out was given to our students for their great representation of Southfields Academy.





Thought for the Week

"When words are both true and kind, they can change the world." — Buddha



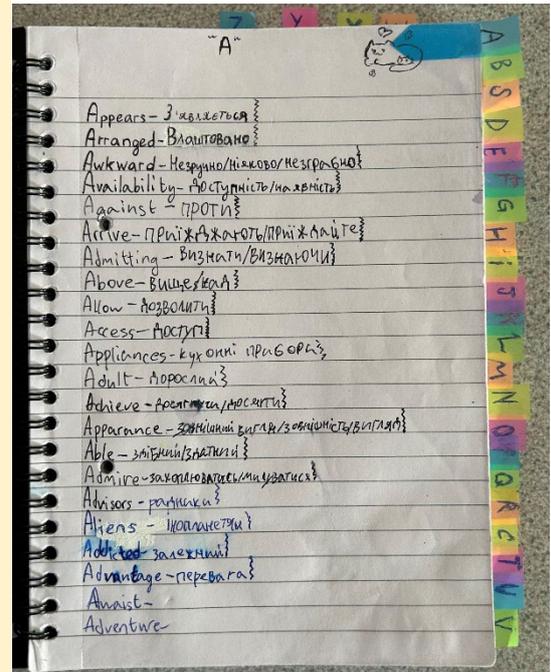
A student that has taught her teachers! – IG News

It's nearly half-term and like most teachers in the academy the IG team is finding out the hidden talents of students. A few weeks ago, as I checked vocabulary notebooks in my Year 8 class I came across something remarkable. Sophia from Year 8's EAL group had the most incredible personal dictionary. She had not only compiled it independently but it was also personalised. What struck me as a teacher and a lifelong language learner was how she was able to use it as a reference tool for writing.

As a linguist, I think google translate just doesn't help us retain the new words we've learnt. Instead, it is active learning which involves more traditional methods of finding words using dictionaries that brings with it a real sense of achievement when you invest the time looking up a word, guess what it means and then find it in a dictionary. Recording it and perhaps then listening to how it's pronounced online (why not!) is very helpful too. A personal dictionary becomes a language companion; which a learner can turn to not only for writing but also for a quick review when boredom looms on that long bus journey to or from school.

It's the invested effort in maintaining a dictionary that will promote language retention as the whole journey of finding a word in a text and looking it up before then recording it becomes a learning journey or rather a journey of discovery. "Oh, what was that word again from yesterday's lesson?" Then a few flicks later in that personal dictionary and BOOM! Here it is! And the word then sticks!

Sophia, our personal dictionary heroine has really inspired us. So much that we decided as a Department to return to the more traditional use of dictionaries in our classroom. Some IG groups will be making their own personal dictionaries to boost their language acquisition.



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 Clarke-Slimming** is recommending **'Feet of Clay'** by **Terry Pratchett**. Mr Clarke-Slimming told students that he'd recommend any of the books in Terry Pratchett's 'Discworld' series as he loves the comic-fantasy genre. He said that the books make him laugh out loud and are enjoyable to read. He also pointed out that if the students enjoy one, the series has over 40 books- so there's plenty to read!

As with all recommendations, Mr Clarke-Slimming has encouraged students to seek him out to discuss 'Feet of Clay', or any of the 'Discworld' series, if they choose to read any!

Mr Clarke-Slimming is reading
Feet of Clay
by Terry Pratchett

Let you know I had had once. I'd say they're the best remark, cut very



Muay Thai Club – Mr Hillman

Southfields' Muay Thai club has got off to a great start this year. We regularly have about twenty students ranging all the way from Year 7 to Year 13. The classes are tough! We begin with a cardio-based warm up before moving on to look at some of the techniques of Muay Thai in pairs; these include punching, kicking, elbows, knees and grappling!

Once we've worked our techniques we move onto hitting the Thai pads, this is great for coordination, fitness and strength, we finish with a strength based warm down, everyone tired but happy.

Muay Thai runs on Mondays from 3.05 – 4.00 and after half term it will also run on a Thursday at the same time, so come along. It's a great place to get fit, build confidence, make new friends or just enjoy yourself!

See you there! Mr Hillman and Mr Robertson



Year 7 Black History Month Project – Mr Munro

As we celebrate Black History Month 2023, the theme is "Saluting our Sisters". Our Year 7 pupils are completing a project to research a historic black woman and write a short piece about why they have selected them! The project is open for the month of October, so it is not too late to submit an entry. Here are some of the completed entries so far...



Saakithan M (7MLY)



Claudette Colvin is probably one of the most forgotten Black History Months motivator. It is because she did the exact same thing as Rosa Parks but 9 months before. She refused to give up her seat and was arrested for her act of defiance. Her story was largely ignored for many years. It was until Rosa Parks' story which then her story became known. Her story was taught in many schools during Black History Month.

Claudette Colvin



Isobel K-B 7MLY

Mae Carol Jemison was the first black woman to enter space in 1992. She inspires me because despite what everyone said, she persevered on and made it. She was brave and courageous. She is an inspiration to people worldwide and shows that is you can do anything you put your mind to. She left NASA in 1993 after serving as an astronaut for six years in total. She was born October 17, 1956 in Alabama, USA. She was an American physician and the first African American woman to become an astronaut. In 1992 she spent more than a week orbiting Earth in the space shuttle Endeavor.

Mae Carol Jemison



Georgie C 07STE

Dorothy Height was born on the 24th March 1912 but passed on April 10th 2010. She was an African American civil rights and women's rights activist. She was the president of the National Council of Negro Women for almost 40 years. When she was 5 her family moved to Pennsylvania where she was in a racially integrated school. Finally in the mid-1960s, she wrote a column called "A Woman's Word" for the weekly African-American newspaper the New York Amsterdam News.

Dorothy Height



Ms Sulliman

Baroness Doreen Lawrence is the mother of Stephen Lawrence, a young man who was murdered in a racially motivated attack in South London in 1993.

I find her inspirational because, in the heartbreak of losing her son, she has fought fiercely for police reform and founded the Stephen Lawrence Charitable Trust. She was awarded her OBE in 2003 for services to community relations and granted a lifetime peerage in 2013.

On the first national Stephen Lawrence Day on 22 April 2019, she described how she had worked for 26 years hoping for "an inclusive society for everyone to live their best life, regardless of gender, race, sexuality, religion, disability or background"

B:IM

The Baroness Lawrence of Clarendon

Sareena S 07SWN



Malala Yousafzai

Malala Yousafzai was a Pakistani student who went against the Taliban for the right to let girls go to school. Even after she had got shot by one of the Taliban's soldiers, she had several treatments in hospital and then they transported her to the UK for further treatments, she still didn't stop and she showed resilience.

Tegan L 07STE



Rosa Parks

America, Alabama in 1955 Rosa Parks refused to get up for a white person on a segregated bus. Her act of rebellion sparked a bus boycott. A thirteen month long struggle to end racial discrimination on public transport. Rosa Parks is considered an iconic person in American history. She inspired me because she stood up to so many people (even the police) and she inspired so many black people. Her impeccable actions changed American history forever. Black people were treated horribly and one person who tried to change that was Rosa Parks. She was told to stand up so a white person could sit down but she refused to get up. They soon had the police called and Rosa Parks was arrested and taken off the bus. The boycott lasted over a year and black and white people could sit together (it was only meant to last a day). Martin Luther King campaigned for black and white people to have the same rights as each other. After Rosa Parks' arrest she lost her job and had spoke out for civil rights for the rest of her life.

Tyler F 07-STE



Mary Seacole

Mary Seacole was born on the 23rd of November 1805 in Kingston, Jamaica. She was a herbalist during the Crimean War. A herbalist is someone who makes cures and medicines with herbs and plants. She tried several times to join the medical side of the military but they refused due to her race. She then took matters into her own hands. She saved up until she had enough money to join the war in the Black Sea. She would go into the battlefield and help the sick and wounded. She provided medicines, food and other supplies to the soldiers. She even opened a hotel for the British. Mary then returned back to England but whilst she was gone the economy had a really big downturn and she became poor once again but was still known as a hero and was later helped with her economical situation in England she then later died and was buried in Kensal Green, London.

Mr Munro



Gee Walker

Gee Walker is a British activist and mother who tragically lost her son, Anthony Walker, to a racially motivated murder in 2005. I find her inspirational because since then she has become a powerful supporter of racial equality, forgiveness and community spirit. Gee Walker's resilience and commitment to combating racism, through education have made her a truly inspirational figure in the UK and beyond. Another reason she inspires me is because she set up the Anthony Walker Foundation in 2006 to support those who are experiencing hate and tries to build stronger and safer communities.

PE News – Ms Lenton

Cheerleading

We celebrated National Cheerleading Day at the end of September by introducing cheer into our PE curriculum; the girls have loved learning a new sport and have picked it up extremely quickly.

Due to the popularity, we also offer two cheerleading clubs after school each week. We can't wait to see the students' progress even more and hopefully get some competitions booked.



Year 9 & 10 Girls' Football

A huge start to the year for our Year 9 & 10 girls' football team, they had their first fixture this week against Ashcroft. The girls were on fire and managed to finish the game with a 10-0 win.

Some of the girls had never played together before but they didn't let this hold them back. Great performance and teamwork from all players



Cross Country

A massive well done to our students who attended the Wandsworth Schools Cross Country Championships last Wednesday at Tooting Bec. All students performed extremely well and made the academy proud.



Year 9 Football

Mr Boyce and his Year 9 squad had their first football fixture of the year against Ashcroft. The boys had a solid first half with a huge goal from Ramelle bringing the game to 1-1.

Unfortunately, the boys ended the game with a loss with ATA sealing a 4-1 win. Well done to both teams.



Dates for Your Diary

Tuesday 17th October 2023 – Open Morning
Wednesday 18th October 2023 – Open Morning
Wednesday 18th October 2023 – Careers Fair
Thursday 19th October 2023 – Y12 Meet the Tutor Evening
Thursday 19th October 2023 - Year 13 C4C Parents' Evening
Monday 23rd October 2023 – Half Term Break
Sunday 30th October 2023 – Academy Resumes
Wednesday 1st November 2023 – Year 11 Parents' Evening

BLACK HISTORY MONTH DESIGN COMPETITION

PICK A MUSICIAN
PICK AN ARTIST

DESIGN AN ALBUM COVER FOR ONE OF THE MUSICIANS IN THE STYLE OF ONE OF THE ARTISTS. SUBMIT YOUR WORK ON A4 PAPER TO Ms JAFFER BY THE 30TH OF OCTOBER.

DESIGN AND ALBUM COVER FOR...



QUEEN LATIFAH
- ALL HAIL THE QUEEN



ELLA FITZGERALD
- LIKE SOMEONE IN LOVE



PRINCE
- MUSICOLOGY



BILL WITHERS
- JUST AS I AM

IN THE STYLE OF...



YINKA SHONIBARE



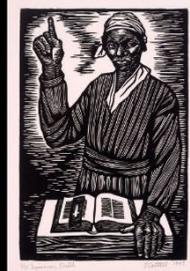
ELIZABETH CATLETT



KEHINDE WILEY



AURELIA DURAND



Education Wellbeing Service Webinar

Getting Into School & College: Common Challenges & Supporting School Avoidance

It can be incredibly difficult to know how to support your child and help them when they are struggling emotionally with managing and attending school or college.

This workshop provides some key tools, understanding and resources for supporting your teen.



DATE / TIME

Thursday 12th October 12.30-1.30 pm
Wednesday 18th October 6.30-7.30 pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

[CLICK HERE](#) to book



NHS
South West London and
St George's Mental Health
NHS Trust

Education
Wellbeing
Service

wellbeinginschoolsevents@swlstg.nhs.uk

Anxiety: Feeling or Affliction? – Ms Nearn

Anxiety is quite a buzzword these days. Students regularly tell me, “I have anxiety,” to which I sometimes playfully respond, “Is it contagious?” I don’t say it to be flippant (and I recognise that there *are* diagnosable anxiety disorders); I say it to illustrate that anxiety is an emotion, just like happiness or anger. (You wouldn’t say “I have happiness!”)

When a person feels anxious, they feel unsafe. But there is a difference between being unsafe and being uncomfortable, even if the two feel surprisingly similar. By normalising the experience of feeling anxious, kids are reassured that, like all emotions, it will eventually pass. In fact, it is by avoiding emotions that they become more persistent and powerful.

“Avoiding or hiding from situations or people that make you anxious actually strengthens your body’s anxiety response. Avoidance increases anxiety!

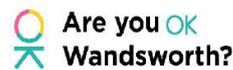
The only way to heal from anxiety is to turn and face it.

To head directly into it and come out the other side.”

~ John Delony ~

To learn more about anxiety and how to face it rather than run from it, click [here](#) for an excellent article from writer/speaker/consultant Linda Stade. And if you have a child who’s anxiety gets the best of them, please remind them that they can talk to any adult in school that they like and trust (including me) to get some help. We have a team of visiting professionals who work specifically with students experiencing anxiety or low mood. Get in touch for more information (tricia.nearn@southfieldsacademy.com), or see the flyer below.

Southfields Education Wellbeing Service



1 in 4 people will experience mental health difficulties in their lifetime

**Do you struggle with low mood or lack of motivation?
Do you find yourself worrying about things or feeling
anxious?**

If you’ve answered yes to either of these questions, an Education Wellbeing Practitioner may be able to help you.

What can we help with?

Anxiety

- Frequent worry or overthinking
- Difficulties in social situations, phobias, exam stress or panic
- Withdrawing from family, friends

Low Mood

- Feeling sad, lonely, irritable, worthless, ‘empty’
- Lost interest in activities you used to enjoy
- Changes to eating / sleeping habits



We offer 6-8, weekly 1 hour sessions during the school day



Skills and strategies based on Cognitive Behaviour Therapy (CBT) to help manage and cope with difficulties.



Some reading and home practise tasks to be completed between sessions



If you’re 16 or under, we will need to inform parents that you are taking part in this programme.

Next steps...

At Southfields Academy, please speak to Ms Nearn to self-refer.

Sessions will take place in a private room in school.