



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 15<sup>th</sup> January 2024



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

### Securing bright futures for our Year 13 students – Mr Browne

This year 107 students applied to study at university. Some will commence their courses in September of this year; others plan to take a gap year.

Many students have received multiple offers - and have until early June to reply to these offers. The next step is to complete student finance applications and to better understand how student finance works. We will run student finance workshops later this term.

We're also keen to ensure that our students are equipped to survive and thrive at university. To this end, we will run "survival at university" workshops early in the summer term. All students will also receive a free copy of the "Love University" eBook via Amazon's Kindle platform.

Students not planning on attending university will continue to attend the WAVE (Work Apprenticeships Volunteering and Entrepreneurship) sessions. This is to ensure all students have a positive destination when they come to the end of their studies.



### Christmas Jumper Day 2023

On Friday 15<sup>th</sup> December, staff **donned** their finest festive knitwear to raise money for @donslocalaction

Total raised so far is £100 with online donations still open via Just Giving! Staff at Southfields Academy are proud to support a local charity that works tirelessly to keep residents of South West London fed, connected and supported.





## Thought for the Week

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” —John Quincy Adams



### Trading Game – Jo Lunt

As part of their end of term activities 10R2 took part in 'The Trading Game' - a fun and exciting introduction to the issues of trade, enabling students to explore some of the basic issues that determine how the gap between rich and poor nations is maintained.

The class threw themselves in to the activities, overcoming issues with the supply of resources, creating trade relationships and dealing with manufacturing strikes along the way. Italy came out victorious in the end but some great negotiating from Peru saw them almost take the crown!



### SSC First Aid – Ms Hughes

On thankful receipt of the Jack Petchey award, 12 of our Study Support Centre students across KS3 and 4 were able to use the award to participate in a first Aid awareness course led by 'Pulse First Aid UK'. Students were shown how to provide a basic level of first aid, and gained knowledge of CPR along with the recovery position. They were presented to, providing insight of how medication should be dispensed in the case of asthma, anaphylaxis or anxiety attack. All students learned valuable life skills such as keeping themselves and others safe and awareness of emergency situations.

By the end of the five hour certificated programme, students were able to explain the meaning of “first aid” and gained knowledge of a wide range of health & safety procedures and the confidence to respond in an emergency situation if one should arise, for example calling for the emergency services.

The students' engagement and contributions were exceptional throughout the course. They demonstrated a high level of maturity and independence.

#### Feedback from 'PULSE First aid' trainer

*“The students were fantastic from start to finish, they fully participated in demonstrations and asked many questions and listened with great intent and enthusiasm. They were a pleasure to train”*

Study Support Centre team are extremely proud of the students that participated and their efforts.

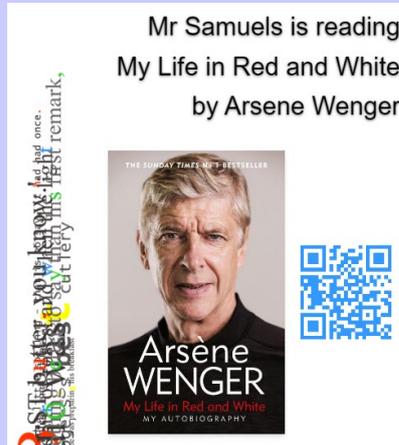


## Staff Book Recommendations – Ms Sulliman

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 Samuels** recommended **'My Life in Red and White' by Arsene Wenger**. Mr Samuels recommends this autobiography, as what may present as a book about football, is actually an insight into leadership and management and a strategic approach that revolutionised English football.

As with all recommendations, Mr Samuels has encouraged students to seek him out to discuss 'My Life in Red and White', if they choose to read it!

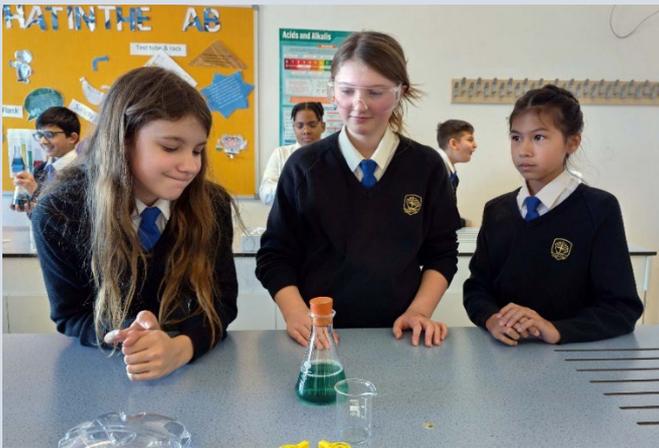


## Science Club - Ms El Maadi

This week students tried the traffic light chemistry experiment.

You mix some glucose, sodium hydroxide and indigo carmine solutions together in a flask to get a nice deep yellow solution. Shake it up once and it will turn to red. Shake it up again and it turns green! Then simply let the flask settle and it will revert back to red and finally rest at yellow again.

You can repeat the steps several times until the catalysts start to be eliminated through the reduction and oxidation processes that change the solution's colour.



## Extra-Curricular Activities – Spring Term 2024

This is the new list of extra-curricular subjects for this term. The lists for the individual Year Groups are displayed around the Academy, on the Academy website and with tutors.

Day	Subject	Support/activity	Venue	Teacher	Year information	
<b>Monday</b>	PE	Volleyball	Sports Hall	Mr Mombrikotb	All Years	
	PE	Football	Astro	Mr Boyce	Year 9	
	PE	Muay Thai	Dance Studio	Mr Hillman	All Years	
	PE	Fitness Suite – Girls only	Fitness Suite	Miss Lenton	Girls only	
	4-5pm	PE	Basketball	Sports Hall	Mr Cameron	Years 9-11 & 6 <sup>th</sup> Form
<b>4-6pm</b>	PE	AFC Foundation – 6 <sup>th</sup> Form	Astro	AFC Coaches	Selected	
	English	Reading Titans (Break 1)	D284	Mr Sawbridge	Year 8	
	English	Reading Titans (Break 2)	D282	Ms Reynolds	Year 7	
<b>Tuesday</b>	PE	Netball	Netball Court	Miss Lenton	Years 7 & 8	
	PE	Basketball	Sports Hall	Mr Sia	Years 7 & 8	
	PE	Football	Astro	Mr Mombrikotb	Year 8	
	PE	Football	Astro	Mr Philpott	Year 10	
	PE	Dance	Dance Studio	Miss Lanning	All Years	
	PE	KS 5 Booster	D180	Mrs Nilsson	Key Stage 5 students	
	PE	Boys Swimming	Pool	Mr Boyce	Boys only	
	PE	Strength and conditioning	Fitness suite	Ms Fox/Ms Naylor	Years 9-10 & 6th Form	
	ADT	Homework Club	B147	Mr Smith	All Years	
	English	Reading titans (Break 2)	D287	Ms Lowther	Years 9 (Break 2)	
	English	KS4 Book Club (Break 2)	D287	Ms O'Neill	Key Stage 4 (Break 2)	
	English	KS3 Film Club	D285	Mr Carroll	Key Stage 3 (Break 2)	
	Maths	Chess Club	A222	Mr Spencer	All Years	
	PSHE	Drop in for a Chat / support	D389	Ms Molloy	All Years (Break 2)	
	Wellbeing	Board & card games Club	D180	Ms Nearn	Years 7 - 9 (Break 2)	
<b>Wednesday</b>	PE	Pickleball Club	Sports Hall	Ns Nearn	All Years	
	PE	Girls Swimming	Pool	Mrs Nilsson	Girls all Years	
	PE	Weights & Fitness	Fitness suite	Mr Boyce	Years 9 - 10	
	PE	Cheerleading	Dance Studio	Miss Lanning	All Years	
	PE	Year 11 GCSE Booster	D080	Mr Sia	Year 11	
	3.45 – 4.45	PE	Football	Astro	Mr Philpott	Year 11
	ADT	Art Club	B036	Ms Wu	KS 3 students	
	History	Warhammer	A123	Mr Hillman	Years 8 and above	
	PSHE	Drop in for a Chat / support	D389	Ms Molloy	All Years (Break 2)	
	Science	Science Club	Labs	Ms El Maadi	Years 7 & 8 (Break 2)	
	<b>Thursday</b>	PE	Trampolining	Activity studio	Miss Lanning	All Years
PE		Girls football	Astro	AFC Coaches	Years 7 – 10 Girls	
PE		Muay Thai	Dance Studio	Mr Robertson	All Years	
PE		Netball	Netball Courts	Miss Lenton	Year 9 & 10	
PE		Dodgeball	Dance Studio	Mr Sia	Years 7 - 9	
PE		Fitness for performance	Astro	Mr Mombrikotb	All Years	
4.30-6pm		PE	U15 & U16 player development	Astro	AFC Coaches	Sign up required
	Drama	Drama Club	B025	Ms Perera	All Years	
	English	Debate club (Break 2)	D289	Mr Carmo	Key Stage 3 Students	
	Pride	Pride Club	A131	Ms Hoy	All Years (Break 2)	
	Wellbeing	Board & card games club	D180	Ms Nearn	Years 7 - 9 (Break 2)	
<b>Friday</b>	PE	Football	Astro	Mr Munro	Year 7	
	4-5pm	PE	Basketball Squad only	Cameron	Squad only	
	4.15-6pm	PE	AFC Wimbledon Foundation	Astro	AFC Coaches	Selected students
	English	Film Club	C278	Mr Carroll	Key Stage 3 (Break 1)	

The Library is Open Mon-Fri. 7.30 – 3.30pm.

International Group Homework club – Tuesday, Wednesday and Thursday P6.

HIU Homework support – HIU department – every day, break 1.

Sociology – Individual drop in and break time revision sessions when required – Years 12 & 13.

No students should be on site unsupervised.

## Dates for Your Diary

Thursday 25<sup>th</sup> January 2024 – IEAP Day  
Wednesday 31<sup>st</sup> January 2024 – IG Parents' Evening  
Thursday 8<sup>th</sup> February 2024 – Year 7 Parents' Evening  
Friday 9<sup>th</sup> February 2024 – INSET Day  
Monday 12<sup>th</sup> February 2024 – Half Term Holiday  
Monday 19<sup>th</sup> February 2024 – Academy Resumes

# Education Wellbeing Service Webinar

## Understanding and Supporting Your Teen with Autism Spectrum Condition

This webinar is designed for parents of Teenagers with diagnosed Autism Spectrum Condition

It will provide parents with a variety of approaches, tools and useful resources.

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

Education  
Wellbeing  
Service



### DATE / TIME

Monday 15th January 6-7.30 pm  
Wednesday 24th January 12-1.30 pm

### LOCATION

Online - Hosted on Teams

<https://www.eventbrite.com/cc/secondarycollege->

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](#)



wellbeinginschoolsevents@swlstg.nhs.uk

## Upcoming Events For Parents & Carers Spring/Summer Term 2024 Supporting your teenager's mental health webinars

**15TH  
OR 24TH  
JAN**

Understanding & Supporting Your Teen  
With Autism Spectrum Condition  
For all secondary & college parents/ carers

Social Media & Gaming- What Parents Need  
To Know  
For all secondary & college parents/ carers

**6TH  
OR 7TH  
FEB**

**26TH  
OR 27TH  
FEB**

Managing Exam & Assignment Stress  
For parents/ carers of Young People in Years 11-13  
& college

Parenting Teenagers With Characteristics  
of ADHD  
For all secondary & college parents/ carers

**11TH  
OR 13TH  
MAR**

**24TH  
OR 25TH  
APRIL**

Managing Exam & Assignment Stress  
For parents/ carers of Young People in Years 7-10

Supporting Your Teenager With Emotional  
Difficulties & Self Harm  
For all secondary & college parents/ carers

**14TH  
OR 16TH  
MAY**

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

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.

[Click here](#)

