



Southfields Academy Weekly Newsletter

Week Commencing Monday 29th January 2024



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

Year 8 News – Mrs Frost

Trips

On Friday, 20 students from Years 8 and 9 were chosen to represent Southfields Academy at Chelsea Football Club, for their Standing Together event.

CFC work with the Mayor of London's Shared Endeavour Fund to identify opportunities to counter targets of hate. Students participated in 4 different workshops, each providing a safe space in which to discuss issues such as racism in sport, disinformation in the media, islamophobia and anti-Semitism and the threat of violence to women on our streets. Here is a list of our students;

Year 8 Asmir, Gouri, Max, Ryheem, Sayed Sumbal, Joseph, Tiffany, Dre, Jasmin and Grace

Year 9 Gabriel, Kyrelle, Layla, Mohammed, Myles, Pelham, Salma, Charles and Jaydon

Out of the four schools represented, our students stood out as the most polite and engaged. Staff were impressed by their thoughtful responses and knowledge on issues (not only football related!). All were thrilled to have the opportunity to try out the seats in the members 'stand and we took the opportunity for a pitch side photograph. The initiative will continue with the same students putting together their own campaign in the coming weeks. More details to follow.



Swimming

It has been wonderful to see Year 8 girls engage with swimming this term. We are so fortunate to have this fantastic facility in house and professional swimming instructors to coach the students.

Many of the girls are new to the sport but will be confident and independent swimmers by the end of the half term. Swimming is one of the few skills you can describe as lifesaving and for many young people, a sport they can really excel at or just use to promote their own mental wellbeing. Please support our young people by making sure they have their kit every week: swimming costume, towel and goggles (recommended)

Year 8 boys will be starting swimming after February half term.





Thought for the Week

“Leadership is an action, not a position.” —Donald McGannon



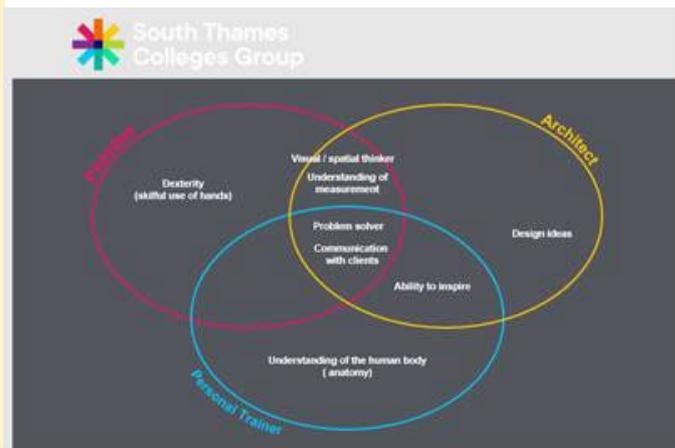
IEAP day (Careers)

This term the students have been busy investigating possible careers they may want to pursue in the future. Last week we were lucky to have a guest speaker in our assembly from South Thames Colleges Group.

Southfields Academy is keenly aware that the field of education and training is constantly evolving along with the possible careers on offer. Last week the students learned about the differences between vocational and academic courses, schools and colleges and how to reflect on the right path for them as individuals (see example slide).

The pastoral team eagerly anticipates some fascinating presentations.

This year group never fails to surprise and impress!



Science Club - Ms El Maadi

This week in science club the students investigated static electricity. There were different activities the students could do to see the powers of static electricity and how it affects water, balloons and how to stick a balloon on the ceiling!

The students also had a demonstration of the Van De Graff generator. Some students tried it for themselves and saw how the Van De Graff generator made their hair rise. They also looked at flying tin bowls and exploding confetti.



#LetsGoBeyond LIVE!

Free Webinar: A Very Modern Family

Is your child neurodiverse? On 7th February at 20:00, join broadcaster, presenter and neurodiversity campaigner [Carrie Grant MBE](#) and special guests as they address the rise of neurodiversity in young people and explore the labyrinth of pathways to support them.

The 40 minute session is free and part of the Now and Beyond mental health festival. Click [here](#) to register.

Education Wellbeing Service Webinar

Social Media & Gaming - What Parents Need to Know

Young people are spending more and more time on social media and gaming.

This workshop talks through the relationship between mental health and different forms of screentime – some of the myths, science and also tips for how to think about and support your teen around different forms of screentime.

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

DATE / TIME

Tuesday 6th February 1-2 pm
Wednesday 7th February 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](#)



wellbeinginschoolsevents@swlstg.nhs.uk

Dates for Your Diary

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

**time to
talk day**
01/02/24
Mind

Rethink
Mental
Illness.

"NOT TOO BAD"

SOMETIMES MEANS I FEEL LOST AND ALONE

Make space in your day for a conversation
about mental health on February 1st.

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

Education Wellbeing Service

Education
Wellbeing
Service

**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](#)

