



Southfields Academy Weekly Newsletter

Week Commencing Monday 4th March 2024



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

Author Event - Ms Reynolds and Mr Sawbridge

The Year 7 and 8 Reading Titans had a fun morning out to attend an author event at Brixton Library on Monday, 26th February. 15 of our pupils got to meet Shade Lapite who discussed her inspiration and her journey when building the world within her bestseller, 'Goddess Crown'.

Thanks to Book Clubs in Schools, Southfields Academy pupils were gifted a copy of the novel each and all got to have theirs signed by the author!

We were also fortunate enough to be given some extra signed copies and those will be given away as prizes on World Book Day (Friday, 8th March 2024).

As always, our pupils behaved exceptionally well and organisers at Brixton Library have already said they'd like to invite us back for the next author event that will take place in April.

One pupil commented, "I love how Lapite included West African culture into her writing. As a Gambian, I felt represented."

Another pupil said, "Something I found interesting was the process for the publishing of the book."

All exclaimed, "I can't wait to read it!"

We wish Shade Lapite all success with her debut novel and we are looking forward to reading more from her in the future.





Thought for the Week

"A place for everything, and everything in its place." – Benjamin Franklin

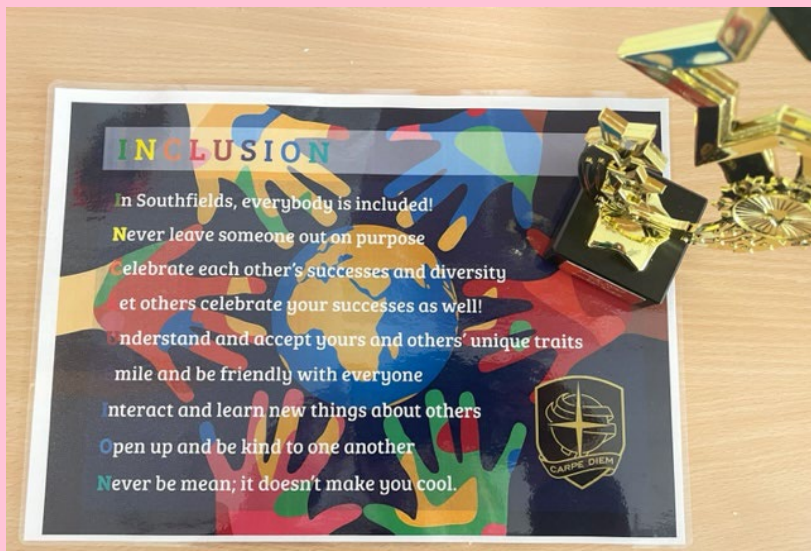


Inclusive Community Award – Ms Sulliman

In order to celebrate our inclusive community, we challenged students to be creative in a competition celebrating our school's ethos.

There were many worthy entrants, but the winning piece was an acrostic poem, composed by Mnahel Akram in 07MLY! Mnahel was awarded with the Inclusion Award in Y7 assembly and copies of her poem will be displayed around the academy.

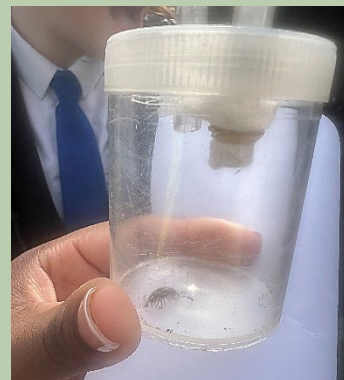
We are very proud to welcome all and think that Mnahel's poem captures our inclusive ethos beautifully!



Science Ecology Garden – Mr Clarke

You simply won't bee-lieve what some Year 7s have been getting up to in science this week! They ventured down to our f-ant-astic on-site ecology garden, where they used a piece of equipment called a "pooter" to sample and identify creepy-crawlies. Unplugging themselves from the web, they used identification keys to see which kinds of critters they had caught, and I must say - they absolutely s-nailed it!

Students were absolutely buzzed at the opportunity, and look forward to doing their pond-sampling lesson soon.



Year 12 News – Mrs Harb

As we start the new term, our students have taken part in a number of enriching experiences

WEX Week Feedback:

Our L3 students recently embarked on their WEX Week, gaining valuable insights into the professional world. We've received fantastic feedback from both our students and employers. Our students had the opportunity to explore different industries, developing essential skills and knowledge. We are grateful to all the employers who generously opened their doors to our students, providing them with real-world learning experiences.

M&G Visit:

Twenty students participating in the M&G Skills for Life programme spent an afternoon at the head office in Monument. Our students had the opportunity to work with mentors from M&G plc, engaging in a series of interactive activities to understand topics such as key employability skills needed in the workplace, crafting an effective CV and excelling at interviews.

L2 Visit to Wandsworth Apprenticeship Event:

L2 students attended an event where they met with current apprentices and council staff to learn about various job opportunities and the council's services. Additionally, they received tips on how to apply. Karen Frusciante, Assistant Headteacher at Southfields Academy, remarked, "It was really valuable for our students to have an opportunity to speak to the young apprentices at the council. I'm sure some will be inspired to search the council website for opportunities they can apply for."

Indigo Programme:

Our L3 students have been invited to participate in a new psychological programme aimed at improving low mood and building self-esteem, conducted by King's College London. This presents an exciting opportunity for our Year 12 students to engage in.

Diana Award:

A selected number of our L2 students are also participating in the Diana Award mentoring programme. This initiative will equip them with various skills such as networking, CV and covering letter writing, interventions, and career skills.



Dates for Your Diary

Wednesday 6th March 2024 – Year 9 Parents' & Options Evening
Thursday 21st March 2024 – Year 8 Parents' Evening
Wednesday 27th March 2024 – Year 12 L3 Parents' Evening
Thursday 28th March 2024 – End of Spring Term
Monday 15th April 2024 – Summer Term starts
Monday 15th April 2024 – INSET Day
Thursday 18th April 2024 – Year 11 Parents' Evening
Monday 6th May 2024 – Bank Holiday



Chelsea FC International Women's Day Initiative #InspiringHER – Ms Lenton

Last week six of our sixth form students attended one of five workshops at Chelsea FC training ground to celebrate International Women's Day. The aim of the programme is to increase girls participation in football and to help create an awareness of future work related opportunities within the industry.

The #InspiringHER workshop was led by the Chelsea FC foundation coaches and two ex female footballers. Our students participated in a range of football related activities to help prepare them to be ambassadors at Chelsea's international Women's Day events.

The girls are going to put what they learnt into practice and deliver activities to primary school students in the next workshop #InspiringOTHERS. The girls were a real credit to the Academy and showed excellent leadership skills. I have no doubt that they will be amazing working with primary school students at Stamford Bridge on International Women's Day.

Keep a look out for an update on how our students got on at the next workshop.



International Women's Day - Friday 8th March – Ms Lenton

To celebrate International Women's Day in PE some of our Year 7 -10 girls have been selected to attend a 2 hour workshop with Nuffield Health. This consists of a female well-being seminar tutorial followed by a class of activities and workouts. Students who have been selected will receive a letter to take home.

As well as the workshop we are offering after school clubs on Friday 8th March 3-4pm for all year groups. These clubs are for girls only and they have the option to attend a:

- 5 a side football tournament - Astro
- Boxing class - Activity Studio
- Cheerleading/dance workshop - Dance Studio
- 5 a side netball tournament - Courts/Sports Hall



We are offering these clubs as a one off on Friday 8th March to encourage more girls to be physically active and celebrate girls sport. Students who attend a club on that day will receive 3 stamps for their Southfields Girls Can stamp card. During those clubs our PE teachers will be nominating a star of the club, where there will be prizes up for grabs.

Another exciting opportunity we have on that day is a Boxing FIT class at Nuffield Health (in King George's Park) from 4 - 4:45pm.

To sign up to any of the clubs, the girls will need to fill out the google form that has been posted on their PE/tutor google classroom. The deadline to sign up to these clubs is Thursday 7th March at 6pm. We hope to see a lot of girls joining our events that day and being physically active.

INTERNATIONAL WOMEN'S DAY

Attend a girls only PE club on IWD and collect 3 stamps
Friday 8th March 3-4pm

5 a side Football

Cheer/Dance workshop

Boxing

5 a side Netball

Sign up on your PE /tutor google classroom

SOUTHFIELDS GIRLS CAN

SOUTHFIELDS GIRLS CAN PE REWARDS CARD

On each IWD, we'll give you a stamp. Collect three and get a treat!

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15

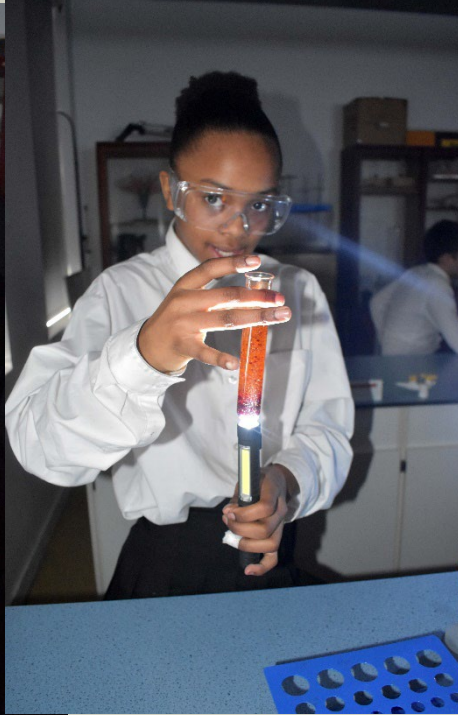
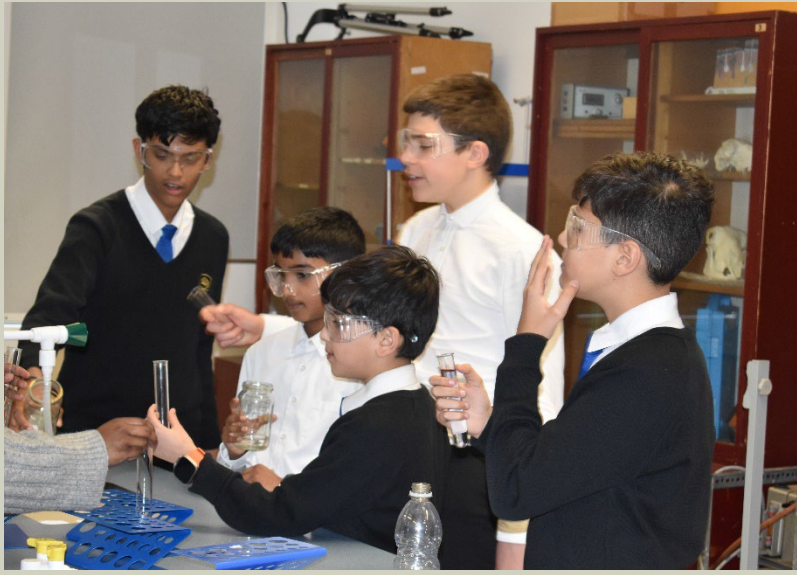
Foreign and Commonwealth Office Visit – Ms Terrington

On Wednesday 21st February the MFL Department were delighted to welcome a guest speaker from the Foreign and Commonwealth Office who spoke to students about the benefits of speaking multiple languages. He explained the opportunities that he has been presented with in his career because of his ability to speak multiple languages, and provided food for thought for students as they make their options choices.

We are proud to offer such a rich languages curriculum at Southfields and look forward to seeing you all at parents' evening to discuss your child's progress.

Science Club – Ms El Maadi

This week students got to make homemade lava lamps in test tubes. This can easily be done at home and all that is needed is water, oil, food colouring and an Alka-Seltzer tablet. Students were also given science club badges for participation in science club all year.



Year 7 & 8 Girls' Football – Ms Lenton

The Year 7 & 8 girls' football team played a friendly against Saint Cecilia's this week. Our girls put on an outstanding performance. Kourtney and Adar were very strong in defence and Tegan & Inna made some brilliant saves which stopped us conceding any goals.

Gigi, Anaiah, Tegan and Inna also worked extremely well together in Midfield, with great teamwork and communication.

Our star player was Ellie-Mai who did her job very well upfront and scored two great goals. The game ended 2-0 to us, I am extremely proud of all the girls who played and I look forward to seeing them play together again soon.








Geography Map Skills – Ms Hoy

In this week's geography lesson, Year 7 have been developing their map skills and becoming Great Geographers!

Through exploration of Ordnance Survey maps, students have been able to deepen their understanding of the local area. The classroom buzzed with enthusiasm as students successfully identified their precise homes on the maps and navigated their journey to school.





FREE PARENT WORKSHOP **SUPPORT YOUR CHILD WITH READING!**

Do you worry about your child's reading?

Would you like some tips and advice to help encourage your child to read?



Please join us in the school library for a **FREE** workshop.

Wednesday 6th March

09:30 & 15:30 sessions available

Refreshments provided!



To express interest, please contact:



sabrina.sulliman@southfieldsacademy.com

Lead Practitioner: Literacy



A Compassionate Letter: Supporting each other during the distressing events occurring in the Middle East.

Dear School Communities,

Over the last few months there have been increasingly tragic and concerning reports regarding the ongoing events across the Middle East, including Gaza and Israel. The scenes and information from news reports and social media are very distressing, particularly for people with a direct connection to these happenings.

The ongoing conflict in these regions may, understandably, elicit a range of emotions and reactions amongst us. With the aim of supporting people to navigate these challenging times, this letter concludes with some wellbeing tips/guidance, as well as references to further resources and supportive organisations.

Furthermore, it is concerning that there has been a rise in unacceptable hate crimes globally, targeting individuals of Islamic and Jewish faiths. School communities stand firmly against all forms of discrimination and violence; it is important we foster environments where people feel respected and valued, regardless of their background, ethnicity, or religion. If you have any concerns about this, we encourage you to reach out to a trusted professional at school, to explore what additional support can be put in place.

Schools endeavour to ensure their community (including staff, students, and students' families/support networks etc.) feel supported and heard. It is essential to emphasise the importance of considerate/respectful dialogue, understanding and empathy. Disrespectful conversations and actions only serve to create further division and opposition.

We appreciate your time in reading this letter and want to express our heartfelt compassion to anyone affected by these events.

Yours Sincerely,

The South West London Education Wellbeing Service

Tips / Guidance for Managing Distressing Times:

1. Be mindful of over-exposure to News / social media

- Repeated exposure to distressing images/information can increase feelings of fear, helplessness, distress.
- It may be helpful to set limits on when/how much information you/young people are exposed to.

2. Talk about your own / others feelings

- Express your thoughts and emotions with friends, family, or people you trust. Sharing concerns can provide relief and help process intense emotions.
- Try to use age-appropriate wording when speaking with children / young people. Be open to their questions/worries. Where possible, try to offer them reassurance about their own safety.

3. Practice Empathy

- Where you can, try to be curious about different perspectives as opposed to shutting them down, engage in respectful conversations. Empathy can foster understanding and reduce feelings of helplessness.
- Modelling respect, composure and effective communication can help teach others how to handle potentially challenging conversations constructively.

4. Connection with Others

- When feeling stressed or low, we can sometimes withdraw. Though taking time to rest can be helpful, keep this balanced and try to ensure you/others are not isolated.
- We are social beings; feeling connected and spending time with safe and trusted others is important and beneficial to our wellbeing.

5. Try to keep to usual day-to-day routines

- Sticking to usual routines and habits can give a much-needed sense of familiarity and control amid uncertainty.
- Engage in activities that bring a sense of joy and relaxation. These can provide a healthy and needed distraction during difficult times.

Tips / Guidance for Managing Distressing Times (cont.):

6. Move your Body / Exercise

• Time and time again research has shown how beneficial movement and exercise (be it a walk, jog, sport, dancing etc.) is for mental health. Be sure to schedule this into your day.

7. Take care of your Physical Health

• Don't forget the importance of getting enough sleep and eating regular, nutritious meals. Sometimes we can neglect our bodies and these basics during times of heightened stress.

8. Give / Contribute Positively

• Offering care or engaging in acts of kindness towards others has also been shown to improve wellbeing. Knowing you've tried to make a positive impact to someone else can help provide a sense of gratitude and purpose.

9. Religion / Faith

• Religious practices, such as prayer, can also provide a source of comfort, hope and connection, and have a positive impact on our mental health and wellbeing.

Other Helpful Resources / Signposts (Click links below)

- [Stand Up! Education against Discrimination have resources designed for young people \(ages 11-18 year olds\) on matters such as: free speech vs hate speech, fake news & disinformation and anti-Islamic & anti-Semitic views.](#)
- [Mental Health Foundation - Advice talking to children about scary world events](#)
- [Anti-Bullying Resource: Practical steps to tackle Racist Bullying Behaviour](#)
- [Hate Crime Support](#)
- You can also contact your local GP if you feel you need more support