



Southfields Academy Weekly Newsletter

Week Commencing Monday 22nd April 2024



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

2024 Fabulous Book Award - Gosia Litwin-Roberts (Librarian)

On Tuesday 26th March 2024, eleven students from Southfields Academy took part in the 2024 Fabulous Book Award (FAB) finale event at the Wandsworth Professional Development Centre in Burntwood School.

Student representatives from five other secondary schools in Wandsworth were present at the event. Each team delivered a presentation on one of the shortlisted books and took part in a quiz about the shortlisted novels.

Students from Southfields Academy championed "Until the road ends" by Phil Earle. Although, Phil Earle was not present at the event, he sent a special video message for the students as did two other shortlisted writers, Kesia Lupo and Robin Stevens. Tia Fisher who is shortlisted for the prestigious 2024 Carnegie Medal for her first book "Crossing the line" and Rosie Talbot, the author of "Sixteen souls" were present at the event. The mentioned above authors talked to Wandsworth students about their books, work as writers and important events in their lives. They encouraged the students to read a wide range of books and to pursue their literary dreams. The authors also answered many questions.

The highlight of the event was the announcement of the 2024 FAB winner – Ravena Guron's "This book kills". All those present at the event had a fantastic time and left the venue energised and inspired.





Thought for the Week

Initiative is doing the right thing without being told. Victor Hugo

A Level Chemistry – Ms Westwood

Huge congratulations to Alexia Caliwara Tario and Koshik Rubamoorthy for achieving Silver Certificates for the UK Chemistry Olympiad competition.

These are the best results in Southfields Academy history!



Dates for Your Diary

Monday 15th April 2024 – Summer Term starts

Monday 15th April 2024 – INSET Day

Tuesday 16th April 2024 – All Students Return

Thursday 18th April 2024 – Year 11 Parents' Evening

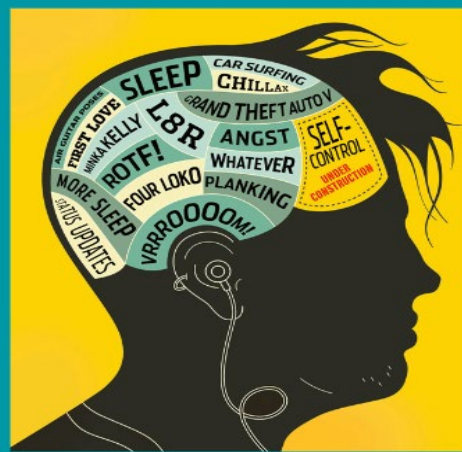
Wednesday 1st May 2024 – International Evening

Monday 6th May 2024 – Bank Holiday

Monday 27 May 2024 – Half Term Holiday Starts

Who is this stranger?

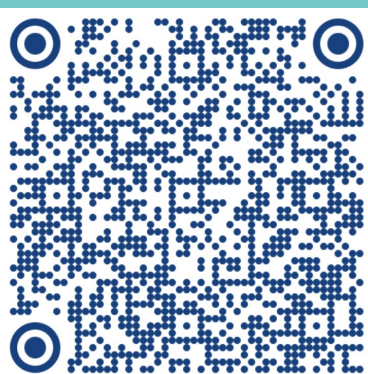
Understanding teenage development through the lens of neuroscience



Has your child begun spending more time in their room alone? Are they becoming secretive? Are they trying out different personal styles - clothing, hair, makeup, mannerisms, etc.? Are they pushing boundaries and experimenting with risky behaviour? We'd like to blame "hormones", but it's more complicated than that. In fact, it all starts in the brain.

Join our free webinar to learn what's happening in your child's brain, how it affects them, and how you can help. There are two dates and times to choose from:

- **Tuesday April 30th, 9:30-10:30 am**
- **Thursday May 2nd, 4:00-5:00 pm**



The webinar will take place on Google Meets. If you have any questions, please contact tricia.nearn@southfieldsacademy.com or scan the QR code to Sign up!

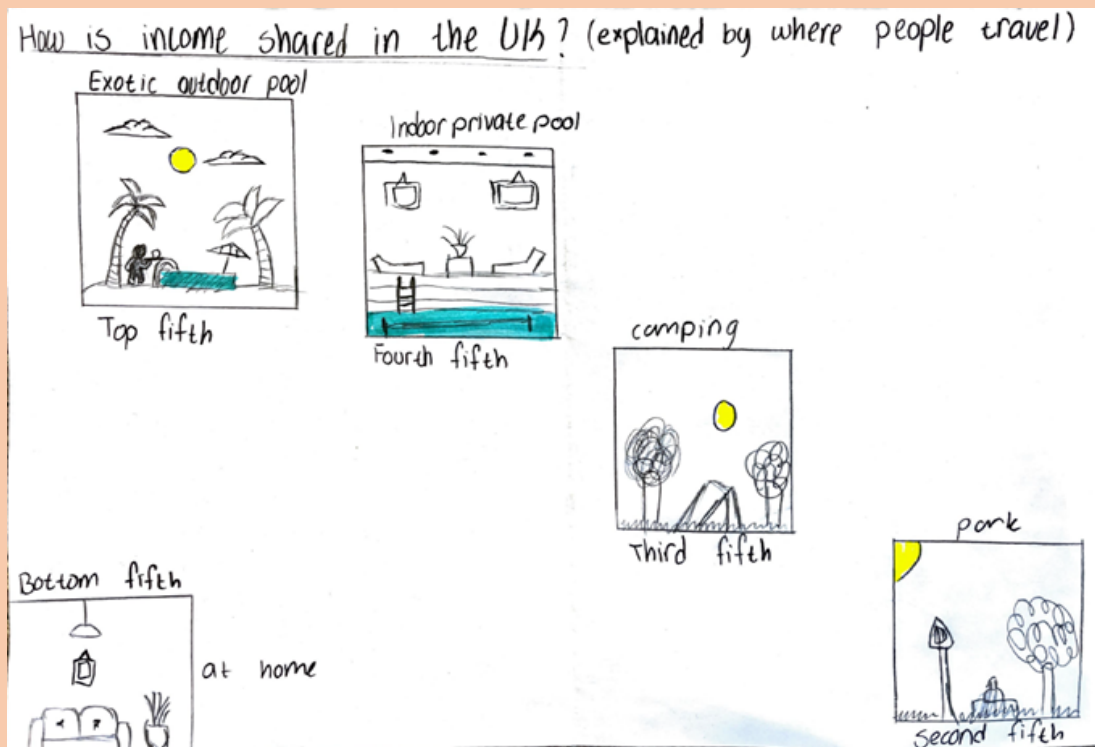
Girls in Maths event at Imperial College – Ms Lunt

On Wednesday 27th March, 10 girls from Year 8 attended an event at Imperial College which helped students to see the application of Maths outside of the classroom.



The day started with guest speakers discussing the importance of Maths and its impact on their career journey, and I was so impressed and proud of the thoughtful questions our students asked to these inspirational women.

Students then took part in a workshop about data visualisations learning about the impressive work of Florence Nightingale and the emotive way Mona Chalabi uses data visualisations as a data journalist. Once again, the pupils blew me away with their engagement and ideas. An example of one student's data visualisation based on the division of disposable income in the UK is below.



Exam Season in IG - Ms Camargo

IG students, like the rest of the school, are preparing for their final summer exams. Many students did reasonably well in their mock exams at the end of last term and have been revising hard through the holidays.

Next week, marks the beginning of the exam season in IG so we would like to wish all our students the best of luck!

“For Black Boys...”- Garrick Theatre Trip – Ms Gbolonyo

I am thrilled to share with you the incredible experience our students had at the recent theatre trip to see "For Black Boys." On Wednesday 17th April 2024, a combination of 28 Year 10 & 12 students were accompanied by Ms Boothe, Ms Minto, Ms Ahmad, Ms Simpson and I to see this profound production. For many of the students, this was their very first time attending the theatre.

This excursion was not just a trip to the theatre; it was an opportunity for our students to engage with powerful narratives, celebrate diversity, and deepen their understanding of social issues. "For Black Boys" offered our students a platform to explore important issues surrounding identity, belonging, and resilience. Through the powerful performances and poignant storytelling, our students gained valuable insights and perspectives that will undoubtedly shape their worldview. For the students that study drama they were able to analyse the play using their technical terminology and subject knowledge.

Our students showed remarkable enthusiasm throughout the trip!

Upon returning from the trip, the students shared impactful reflections on their experiences. Many expressed gratitude for the opportunity to witness such a performance and engage in meaningful conversations with their friends and family.



Students were asked to describe the play in one or two words.

Atilla - Insightful
Gjuilo - Educational
Danny - Exciting and funny
Marius - Exciting
Amari - Not what I expected it would be, but enjoyable



Year 12 News – Ms Harb

GCSE Retake and Progression:

Year 12 L2 and L3 students will be gearing up for GCSE retakes and progressing and vocational exams in Year 12 in the next few weeks. All students should now have received their statement of entry for exams.

End of Term for Level 2 Students:

Level 2 students will be finished on Friday, 24th May. This has been a good year for our year 12 L2 students and for those who will be moving onto new places of education or apprenticeships, we wish you the best of luck. For those returning to Southfields 6th Form for L3, we look forward to seeing you on results day

Results Day:

L2 GCSE retakes in Math's and English, results day will be Thursday 22nd August 2024

L3 AS exam results will be on Thursday 15th August 2024

Exciting Learning Experiences:

Last term was filled with enriching experiences, including school trips for students in Travel and Tourism, Business, Economics, and a memorable residential for Year 12 Geography students. The year 12 team were so impressed with the behaviour, maturity and kindness of our year 12 students on these school trips.

Upcoming Events:

This term promises to be just as exciting with a University Fair scheduled at Arsenal Stadium, offering valuable insights into higher education options. Additionally, we're gearing up for Careers Week, where students will explore various career paths and gain valuable advice. Plus, there will be more enriching school trips scheduled over the next few months

Work Experience Week for Year 10 (15th – 18th July 2024)

Work Experience week for Year 10s is fast approaching – this is a valuable opportunity for our Year 10 students to get their first taste of the workplace and a feel for the work environment. Work experience can help your child stand out from the crowd when they are applying for a college, university or their first job so all Year 10 students are strongly encouraged to find a short work experience placement in July to give them their first taste of the working life.

Please can parents and carers encourage them in this and support them to get the best out of their Work Experience? If they have not yet found somewhere to go perhaps help them to identify a few likely places to work and then approach these businesses with their CVs and a note of the dates they are looking at for their work placement, looking well presented and sounding enthusiastic to give them the best chance of making a good impression. Attached, is a Guide to Work Experience for Parents/Carers, which I hope, will be useful?

<https://drive.google.com/file/d/10n8vFylkjMKUUN6RND5gINjEwjZX6IAc/view?usp=sharing>

If your own place of work could offer a work experience placement to any of our students, we would be very grateful if you could let Ms Stewart in the Careers Department know: careers@southfieldsacademy.com or 020 8875 2600 x2615

Extra-Curricular Activities – Summer Term

The extra-curricular activities list will be published next week with new and interesting clubs to join! Students are advised to speak to their tutors for further information.

Energy Drinks - Are they safe for young people? – Ms Nearn



Did you know that close to a third of children in the UK consume energy drinks at least once per week? You might think that these high-caffeine beverages are harmless - a shortcut to increased focus and stamina - but even a moderate intake can lead to significant impacts on the heart, sleeping patterns and mental wellbeing.

Most energy drinks contain much more caffeine than a typical cup of coffee or fizzy drink, which can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestion problems, and sometimes more severe health issues. Because children and adolescents are still developing, caffeine should be considered even more harmful. Here are some potential problems to consider:

- **Sleep**
The stimulating effects of caffeine, especially if consumed in the afternoon or evening can disrupt normal sleep patterns - something many teens struggle with even *without* the added caffeine! Lack of sleep can impair cognitive function, cause mood swings, and decrease academic performance.
- **Increased Risk of Heart Problems**
The combination of caffeine and other stimulants found in energy drinks can put extra strain on the cardiovascular system, increasing the risk of irregular heartbeat, palpitations, and increased future risk of heart attack, especially in individuals who have an underlying heart condition.
- **Links to Substance Abuse**
Some research suggests a link between energy drink consumption and higher rates of alcohol and drug use among young adults. For example, many young people believe that mixing energy drinks with alcohol will counteract the sedative effect of alcohol. This combination can be dangerous and increases the risk of accidents, injuries, and alcohol poisoning.
- **Impact on Mental Health**
The high levels of caffeine (and often sugar and other stimulants) in energy drinks can increase anxiety, nervousness, and contribute to panic attacks. The crash that often follows the initial energy boost can also make mood swings worse and lead to feelings of irritability or even depression.
- **Potential for Dependency**
Drinking energy drinks too often can lead to tolerance, meaning you must drink more and more to get the desired effect. This can potentially lead to dependency and addiction, especially in young people who may be more vulnerable to addictive behaviours.

Talk to your kids about the potential risks of drinking energy drinks, and encourage them to consider other options (water is free and good for them!) Find out why they want to drink them; emphasise the importance of good nutrition, hydration, and sufficient sleep for overall wellbeing and academic success.

And of course, don't forget that you are your child's most potent role model. By making healthy choices for yourself, you are encouraging them to do the same.