



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 12<sup>th</sup> February 2024



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

### Lamb to the Slaughter – Mr Kuleshnyk

The Year 12 Drama students performed Roald Dahl's short story 'Lamb to the Slaughter' this past week in the Assembly Hall.

The story is about a woman whose husband decides to leave her and in a fit of rage kills him with a frozen leg of lamb, then feeds it to the police officers who are looking for the murder weapon.

The Year 12s devised the show using the physical theatre techniques of Jacques Lecoq / Simon McBurney and Theatre de Complicite.

It was a hugely successful evening and our students shone brightly.





## Lamb to the slaughter continued....







## Thought for the Week

“Leaders think and talk about the solutions. Followers think and talk about the problems.” —  
Brian Tracy

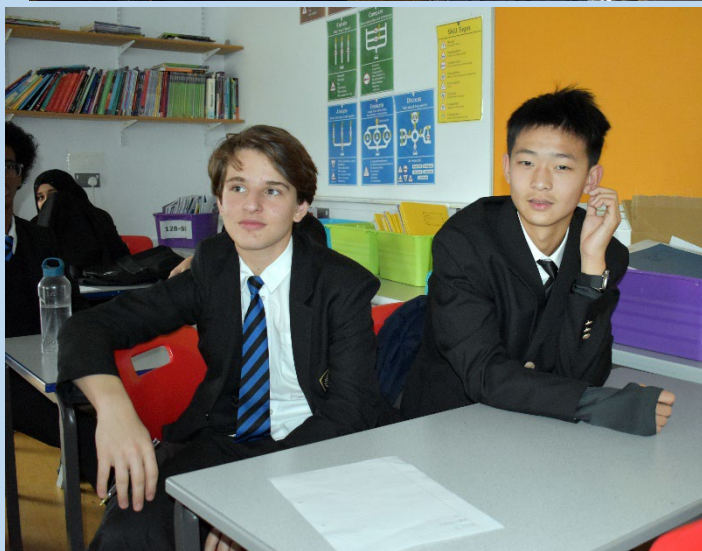


### Student Visit from China – Ms Marshall

Across two separate weeks, 50 students from China are spending the week at Southfields Academy. Each of the students in the group, ranging from Year 7 to Year 12, are shadowing a Southfields student so that they get to experience life as a student, in all its glory!

This week, the second group of 27 students, were welcomed with a special assembly with their buddies. Ms Marshall led the assembly and they had a special welcome from Ms Valin. Following a short tour, they attended lessons, break clubs and assemblies with their buddies.

Their week ended with a farewell assembly delivered by Ms Valin, where all students received a participation certificate.



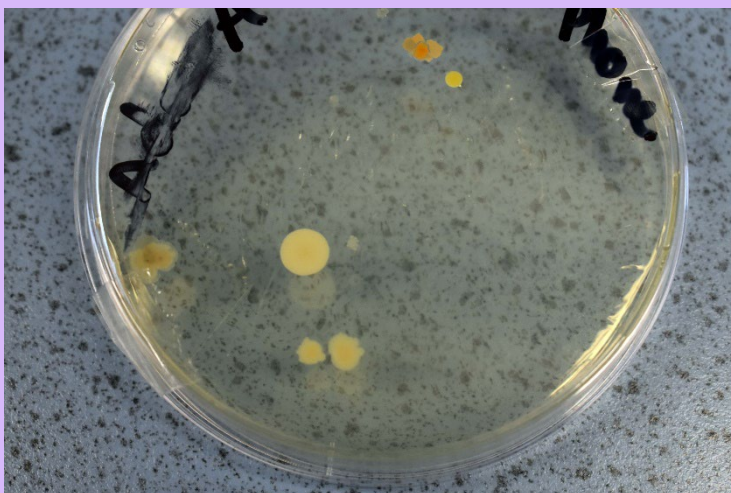


## Science Club – Ms El Maadi

This week the students were able to look at the plates they swabbed last week. The students swabbed their phones, hands and door handles around the school. All sorts of bacteria had grown showing the importance of washing your hands.

They also made some chromatography decorations. Year 7 has already learned the science behind chromatography in their lessons so today they were able to use it to make some cool designs.

Next term the students will get pins for their blazers for attending science club.



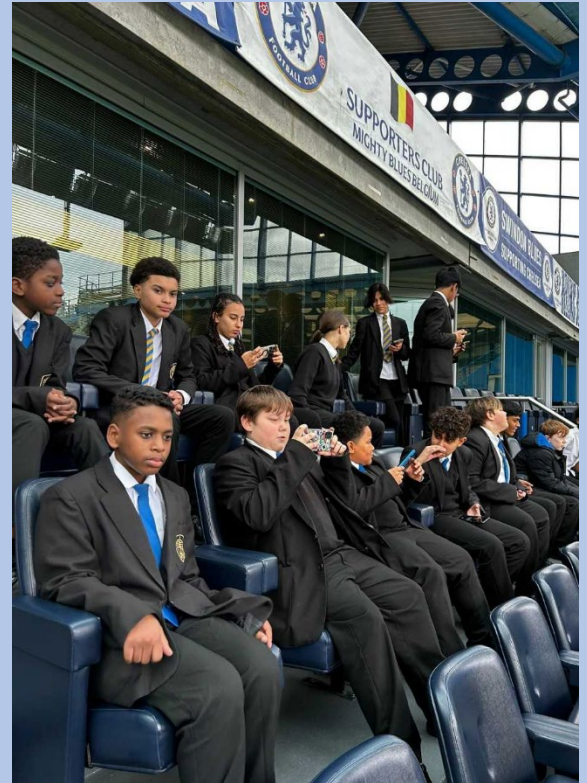


## Football Photography at Southfields Academy! – Ms Darby

On Monday, 15 Year 7 and 8s were invited by Chelsea F.C to attend a photography workshop at Stamford Bridge football stadium. Students were treated to an amazing view of the football pitch, and were spoken to by the American photographer Mel D. Cole who has worked with celebrities such as Beyonce, Drake, and Jay Z. He showed us amazing photos from his work in the New York hip-hop scene and the images he took during the Black Lives Matter protests in Washington DC. Students were also introduced to Jason, a photographer for the football club, and they were given insight into his work with the players and how his career allows him to work in social media.

They were given disposable cameras to show off their photography skills, using them to take pictures of each other and the stadium. The club promised a very special mystery gift for the student with the best photo, so I look forward to congratulating one of the budding photographers with this at a later date!

This was a great opportunity to explore the creative careers available in football. We were able to use skills learnt in a football photography session last week where students took amazing images of Southfields Academy's very own Year 8 football team, and this was a great taster for their future job opportunities!



Thanks to the following students:

Amino Amin, Archie Harte, Devin Patel, Dre Evans  
Georgie Farley, Imran El Kouimat Akhazan, Inna  
Sanduta, Ishma Tahir, Jasmin Elagag, Josiah  
Sacapeno, Mahid Ahmed, Mason Wright, Mohammed  
Xasraw, Nathaniel Animpong, Vasilis Saha-Carrim,  
Nikolai Maiorov



## Southfields Academy Hosts Maths Event

This week Southfields Academy hosted a group of Head of Maths departments from a range of local schools in south west London. They were brought together by the MathsHubs organisation.

This programme brings together mathematics education professionals in a collaborative national network of hubs to develop and spread excellent practice, for the benefit of students. On their visit the group focused on Learning Walks (observing maths lessons in the Academy) and also the collaborative planning process used by Academy staff to plan maths teaching.

All of the participants were impressed with the work that the staff in our maths department do and will be drawing on our model when teaching and planning at their own schools.



## Year 9 News – Mr Samuels

This term has been a whirlwind of exciting opportunities for our students, and we're thrilled to share their successes with you! Let's dive into three key events that have provided valuable learning experiences and helped shape their futures.

### Options Fair: Exploring a World of Possibilities

The Options Fair was a bustling marketplace of knowledge, where students discovered a smorgasbord of potential GCSE subjects. From delving into the intricate workings of history to dissecting the mysteries of biology, they engaged with subject specialists who brought their fields to life. Witnessing this spark of curiosity was truly inspiring, and many students left with a newfound excitement for subjects they had previously considered.

### Assessment Week: Showcasing Growth and Achievement

Assessment Week provided a platform for students to demonstrate their academic development and progress. Through a variety of assessments, they had the chance to shine, displaying their acquired knowledge and critical thinking skills. The dedication and hard work they put in throughout the term truly paid off, and we expect impressive results.

### Work Shadow Day: Experiencing the Workplace First-Hand

Stepping into the shoes of professionals, students participated in Work Shadow Day. This immersive experience allowed them to shadow someone working in their field of interest, gaining first-hand understanding of daily tasks, challenges, and rewards. This invaluable exposure will undoubtedly influence their career choices and equip them with invaluable insights for the future.

## Year 10 News – Ms Gbolonyo

### Year 10 IEAP Day and Mock Exams

During the last IEAP day, Year 10s took part in a 30 minute revision carousel session in preparation for their mock exams. Students attended a maths, English, science and a study skills session and have shared some very positive feedback about the day. Students were engaged throughout and contributed excitedly throughout the sessions.

### Year 10 Mock Exams

I am thrilled to extend my congratulations to each and every Year 10 student for successfully completing their mock exams last academic term. Their dedication, hard work, and exemplary behaviour throughout the preparation period have not gone unnoticed. As we reflect on the last fortnight, I have every faith that the students' commitment would have truly paid off.

The behaviour during the exam period was exemplary. Year 10s approached each exam with a sense of calm and confidence, showing maturity and professionalism.

As the students await their results, they are reminded that success is not solely measured by the grades but, also by the effort you put forth and the lessons you learn along the way. Regardless of the outcomes, I am incredibly proud of the hard work and dedication students have demonstrated.

I also want to extend my gratitude to the teachers, staff and parents/carers for supporting the Year 10s on this journey.

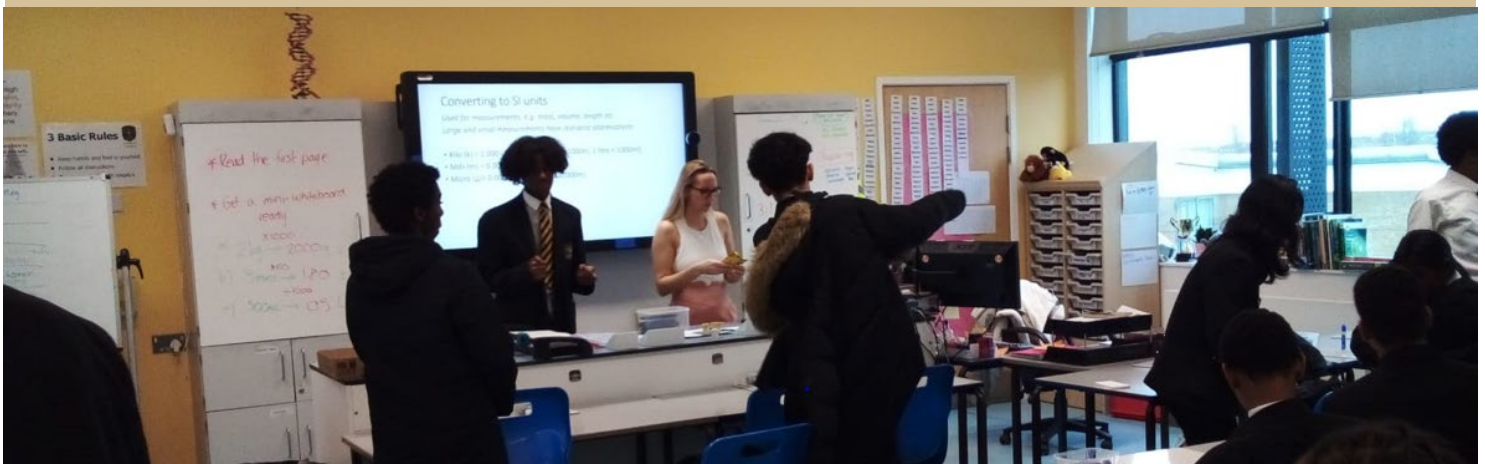
It's not over yet. Year 10s must continue this momentum in readiness for their next mock cycle.

### Key Dates for Year 10s:

Mock Exams Cycle 2 Monday 24<sup>th</sup> June 2024- Friday 5<sup>th</sup> July 2024

Work Experience- Monday 15<sup>th</sup> July - Thursday 18<sup>th</sup> July 2024

Work Experience debrief Friday 19<sup>th</sup> July 2024





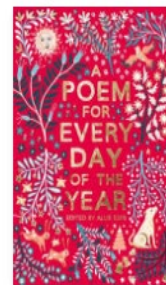
## Book Recommendation – Ms Sulliman

This week, **Ms Litwin-Roberts** recommended 'A Poem for Every Day of the Year' collated by **Allie Esiri**. **Ms Litwin-Roberts** shared that this book has had a huge impact on her as the poems vary in tone and theme. The anthology is a collection of poems by some well-known and a few lesser-known poets and link to the seasons and important moments in the year. Each poem is preceded by some information about the author and the poem and **Ms Litwin-Roberts** felt that she has learnt a lot about the writers and historical events through reading the poems.

As with all recommendations, **Ms Litwin-Roberts** has encouraged students to seek her out in the school library to discuss 'A Poem for Every Day of the Year', if they choose to read it!

Ms Litwin-Roberts is reading  
A Poem for Every Day of the  
Year  
by Allie Esiri

For you know, I had had once, right when I was a child, to say that my first remark, cut very



## The Wandsworth School Games News – Mr Miller

Southfields Academy Sports Leaders have been busy this week assisting at a number of sporting events as part of the Wandsworth School Games programme. The School Games is hosted by Southfields and involves a programme of sporting competitions / festivals for young people in Wandsworth Schools. These events provide the perfect environment and opportunities for our students to develop and demonstrate their leadership skills.

The first event was a Year 3/4 New Age Kurling at Southfields with 12 primary schools participating the competition led by 8 sports leaders from Year 9. The following day, the sports leaders took on the responsibility for refereeing at the Chelsea FC Premier League Primary Stars Football competition for Year 5/6. The Chelsea staff were really impressed by the attitude and refereeing skills of the students. Dion Allen, from Chelsea FC said, "We were delighted by the commitment, confidence and hard work of the Sports Leaders. They were a credit to their school and themselves."

Congratulations to the following Year 9 Sports Leaders:

Amar Zulic, Rofis Aziz, Tyler Lucas, Rakaiya Atikpakpa, Daisy Rolls, Luis Antilli, Nicole Neumann, Erblin Kuka, Dinnes Bolera and Sahara Williams-Price.

Finally, James Cunningham & Isaac Garcia for Year 12, were on hand to referee at the new Year 9/10 Girls Futsal League held at Ark Putney Academy. Mr Miller, School Games Organiser said, "It was great for James and Isaac to take on the responsibility of refereeing the Futsal matches and led to the event being a huge success for the participants."





## Emotional Control: Responding vs Reacting – Ms Nearn

Because we are human, our responses to irritating or inappropriate behaviour may be affected by our own emotional state. But because we are adults with better control of our emotions (hopefully), we can choose how we respond. Otherwise, we may find ourselves acting in ways that, with hindsight, we wouldn't choose to do. This is the difference between reacting and responding.

Here's an example: Jenny comes home from school in a foul mood and throws her backpack across the room. You are also tired / grumpy / overwhelmed. Do you:

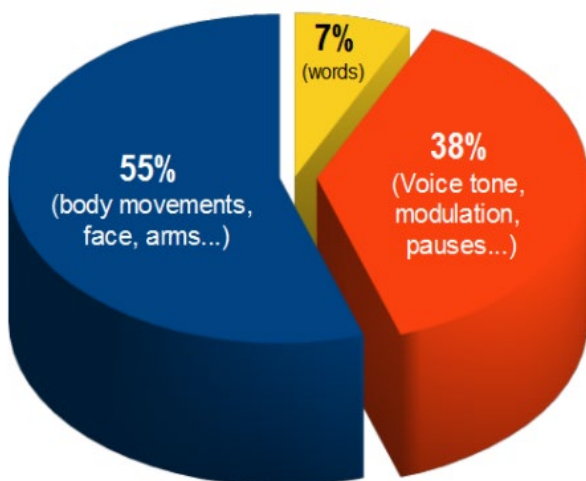
- A. Start shouting, "How dare you throw your bag!", and threaten to take her phone.
- B. Pause to notice your own emotional state then say, "I see your frustration and want to make sure you're okay, but I'm feeling tired and need a minute. Let's talk later."
- C. Pause to notice your own emotional state, put it on the back burner, then ask, "I don't know what's wrong but something has really made you angry...are you okay?"

Choosing A just pours petrol on Jenny's anger; choosing B affirms that you've noted her outburst and are concerned about her wellbeing (not just her behaviour) and are being honest about your own capacity in that moment; choosing C also acknowledges her anger but invites an immediate conversation.

Congratulations if you picked B or C!

As a bonus, option B doesn't make Jenny feel responsible for your mood. (i.e., I'm fed up / angry because you made me that way.) This can be a subtle yet powerful shift in the family dynamic. It gives kids a message that you can handle their big feelings even when they sometimes display them in dramatic or inappropriate ways. They are still learning, after all.

Too often kids tell me they feel like their parents are only concerned with what they do, not with what they feel or who they are. I don't believe most parents actually feel this way, but they might be communicating it unintentionally. One of the reasons is because spoken language makes up only 7% of communication. The rest is body language, voice and tone. Incredible, right?



This means that our kids will be assessing us, "reading" us, (often unconsciously) before they even hear what we're saying. This can work for or against us, which is why our behaviour and reactions need to be examined and controlled with care.

Children are watching to see if we're on edge and irritated and looking to catch them doing the wrong thing, or if we're in a good mood and looking to catch them doing the right thing. By being honest about our feelings and modelling emotional control by responding rather than reacting, we will help our young people learn how to deal with their own feelings as they develop.

If you would like to learn more about this style of parenting, I will be offering some webinars after half-term. Watch for details in future newsletters, or email me for more information. ([tricia.nearn@southfieldsacademy.com](mailto:tricia.nearn@southfieldsacademy.com)) Have a great break!

### Dates for Your Diary

Monday 12<sup>th</sup> February 2024 – Half Term Holiday  
Monday 19<sup>th</sup> February 2024 – Academy Resumes  
Wednesday 6<sup>th</sup> March 2024 – Year 9 Parents' & Options Evening  
Thursday 21<sup>st</sup> March 2024 – Year 8 Parents' Evening  
Thursday 28<sup>th</sup> March 2024 – End of Spring Term  
Monday 15<sup>th</sup> April 2024 – Summer Term starts




## Let's Play Pickleball! – Ms Nearn

What the heck is Pickleball, you ask? It is a sport that was invented in the United States in the mid 1960's and slowly but surely become a global phenomenon. Pickleball has no relation to actual pickles, but is a cross between tennis, badminton, and table tennis. It is fast to learn and fun to play.

On Wednesday, Southfield Academy's Pickleball Club played their first tournament against another school. We fielded eight doubles teams against Ark Bollingbroke Academy. As it was the first tournament that either school had played, it was more for fun than competition. In the end, Southfields had six wins to Bollingbroke's five wins, with every team getting a chance to play at least one game. Well done Southfields!

If you want to learn more about Pickleball, you can read more [here](#), or watch a video [here](#).

Pickleball Club runs every Wednesday after school in the Sports Hall from 3-4pm.



**NHS**

**9 out of 10**

unvaccinated children  
will catch measles  
if someone in their  
class has it

Check your child is up  
to date with their  
MMR vaccinations



**Measles  
cases are  
rising**

**Are you fully  
protected?**

You need two doses of the MMR vaccine to  
be fully vaccinated against measles,  
mumps and rubella.

**To book an appointment,  
call 020 3903 3374**

 Search HRCH Children's  
Immunisations for more information



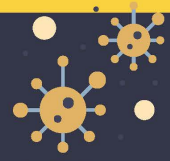
# MEASLES

There has been a sharp rise of measles cases in our communities

Most of these cases are young children who have not had the MMR vaccine.



## Measles is a very serious infection



The measles virus spreads through air, in areas such as playgroups, nurseries and schools. It can make the body prone to serious complications that affect the lungs and brain. **1 in 5 children who catch measles will need a hospital visit.**



## Measles can also affect adults

Measles can make people with vulnerable immune systems very ill e.g., cancer, pregnancy, or if taking certain medications.

## Symptoms include...

High fever (>39°C)

Red & watery eyes

Runny or blocked nose

**Cough** and cold like symptoms, followed by a...

**Rash** which spreads from the face down to the rest of the body, and white spots may appear inside the cheek



## What to do if you suspect your child has measles?

If you are worried that your child has measles, get advice via your GP or 111. **Do not send them to school or visit relatives.**

Seek urgent help by calling 999 or attending A&E, if they:

- become drowsy
- are taking half their usual amount of feeds/fluids
- have a rash that does not fade when pressed
- become short of breath



## The MMR Vaccine

The MMR vaccine is free and safe. **Two doses provide life-long 99% protection against catching measles.** It is part of the routine NHS childhood vaccinations to protect against measles, mumps and rubella.

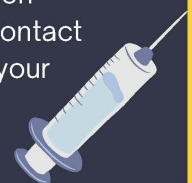
The MMR vaccine is given in **two stages**:

1st dose - at 1 year of age.

2nd dose - at 3 years 4 months of age.

There are 2 vaccine brands in the UK. One of these does not contain pork gelatine (**Priorix**). This can be requested from your GP surgery.

If you're an adult who has not been vaccinated, it's never too late! Contact your GP surgery to get you and your family protected



## Find out more

- [www.nhs.uk/conditions/measles](http://www.nhs.uk/conditions/measles)
- <https://www.gov.uk/government/publications/mmr-for-all-general-leaflet/mmr-for-all-general-guide>





# My VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: [bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

For secondary children: [bit.ly/3LBD2wk](https://bit.ly/3LBD2wk)



## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?



WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?



## 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](#)

