



# Southfields Academy Weekly Newsletter

## Week Commencing Monday 22<sup>nd</sup> January 2024



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

### Absence/Holiday during term time - Ms Valin, Principal

I understand that sometimes parents have to take their children out of school during term time due to family reasons or for holidays, due to the cost of living. If you wish to do so, it is helpful if you can request an absence before your child is due to be away with the dates of the absence and the reason for it.

This is not a punitive approach but a positive one to allow understanding of your needs. If you wish to seek permission to take your child out of school during term time, please email [attendance@southfieldsacademy.com](mailto:attendance@southfieldsacademy.com) so that your request can be considered.

### Year 7 News – Mr Munro

Greetings!

It's been a while since our last update, and I hope this message finds you well.

I hope your winter break was filled with joy spent with friends and family.

Since our last communication, there have been numerous exciting developments at the academy and there's much more to look forward to in the coming weeks.

#### Sports Achievements:

Our Year 7 teams have been excelling in sports, with notable wins for both boys and girls football teams. The recent victories showcase the dedication and skill of our students and we're optimistic about their upcoming fixtures. Notable achievements include impressive victories, with Team A securing a 7-1 win and Team B a 3-2 triumph against St John Bosco. Additionally, the Girls' team celebrated success with an 8-6 win against Ashcroft.

#### Winter Achievement Assembly:

Before the winter break, we celebrated the achievements of our Year 7 students at the Winter Achievement Assembly. Over 90 students received recognition for attendance, positive behaviour and academic accomplishments. The broad spectrum of awards reflects the positive contributions of many students in and around the academy. We have scheduled another Achievement Assembly for later this year and I look forward to honouring even more students during that time.

#### Year 7 Assessments:

In the first week back after the break, Year 7 completed their in-class assessments. The feedback from our staff was overwhelmingly positive, highlighting the students' impeccable behaviour, preparedness and 100% effort during the examination week. I am proud of their dedication to their studies and hope they achieve the results they deserve.

#### IEAP Day 2:

On Thursday, January 25th, we have our second IEAP Day. This is an opportunity for Year 7 pupils to meet with their tutors, discuss school experiences, review and set new targets. Parents are invited to attend with their child during their 15-minute appointment slot. It's a chance to hear about their progress and witness their presentations on a protected characteristic, celebrating the diversity within our academy.

#### Year 7 Parents Evening:

Mark your calendars for Thursday, February 8th, from 16:30 to 18:30, for the Year 7 Parents Evening. This event allows you to discuss your child's academic journey, engagement and efforts across all subjects. You'll have the chance to meet with your child's tutor for a pastoral discussion. I will also be on hand if you would like to discuss any points in further detail. We eagerly anticipate your presence and hope to see as many of you here as possible.

Should you have any immediate concerns or queries, please feel free to reach out to your child's tutor or me. Your engagement is crucial to our collective success.



## Thought for the Week

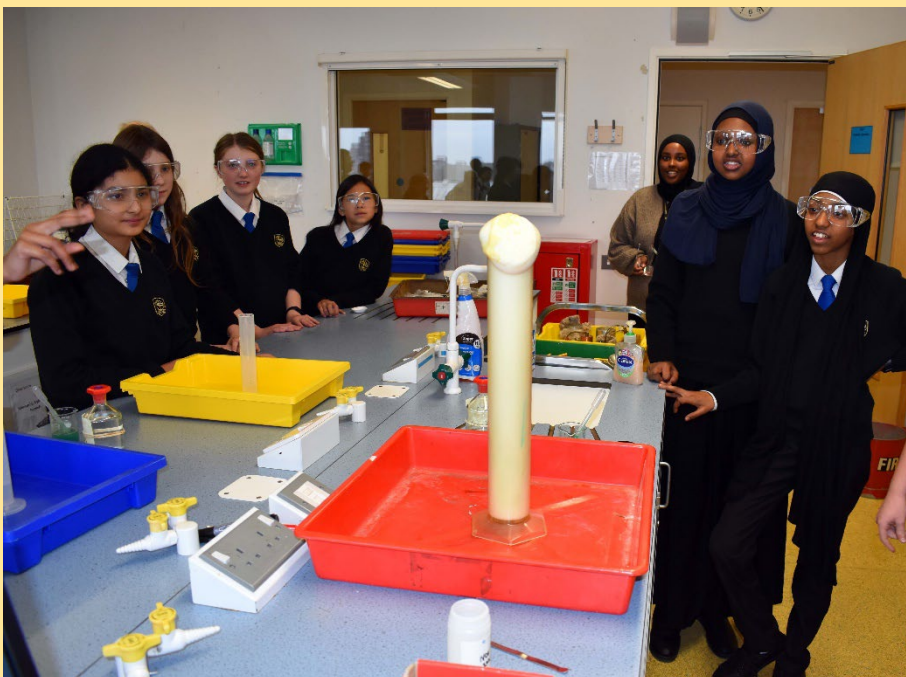
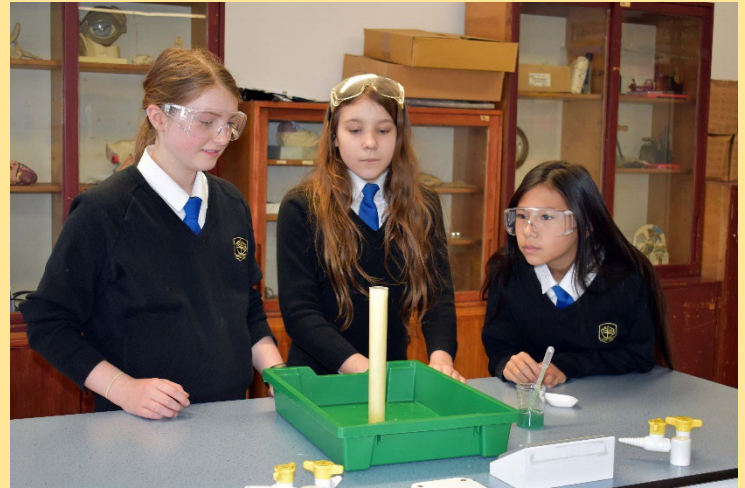
"A boss has the title, the leader has the people."—Simon Sinek



### Science Club - Ms El Maadi

In this week's science club the students made their own elephant toothpaste. This is a simple reaction between hydrogen peroxide, yeast and washing up liquid. This chemical reaction is messy and produces a huge amount of a toothpaste-like foam, which is where it gets its name from.

What's going on: Hydrogen peroxide normally decomposes (breaks down into separate elements), and combining it with detergent and yeast (a catalyst) speeds up the process. As the oxygen emanates from the reaction, it creates bubbles. The detergent speeds up the foaming. The reaction is "exothermic," meaning it produces heat as well as steam.





## IG News – Ms Camargo

### IG achievement assembly

Having had a restful break and a great end of term achievement assembly in December to celebrate the success of many of our IG students, we returned in January only to do the same again! In our second assembly, this half-term Ms Hilary and Ms Kousi felt it is never too early in the term to celebrate some of our students who did so well in their mocks.

We had an impressive number of students who have moved up in the IG2 cohort having achieved strong passes in their December ESOL mock exams. We said well done to those learners and not only managed to persuade them to give us their best poses for the photo shoots that marked the occasion but also congratulated them and welcomed them into their new classes.

Of course, in IG1 it was also a similar story. Students who did well in Science, History and English were also congratulated in turn and were awarded certificates. The morning achievement assembly left many of us with a sense of appreciation for the effort those awarded students had put into their revision and learning each day.

Without a doubt, many would have left the assembly feeling inspired by their peers, who were taking their first stride into the realm of 'academic success'.



### 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





## Referee Workshop - Ms Lenton

On Monday some of our Year 8, 9 & 10 female students had an exciting opportunity. They took part in a referee workshop at Stamford Bridge. The workshop was delivered by current match officials in the professional game. It was an interactive and engaging workshop which provided an insight into life as a match official.

The students explored the transferable skills and developed attributes of a match official, as well as how these support and enhance the handling of everyday life tasks. The session also provided the students with an opportunity to put themselves into the shoes of a referee by trying their hand at judging a variety of incidents from Premier League and WSL fixtures. It's an exciting time for refereeing and for those who have an interest in being part of the game, there are now more opportunities available both domestically and internationally across the male and female pathways, including as a full-time career.

The girls finished off the day with a stadium tour around Stamford Bridge where they saw the press room, home & away changing rooms, the dug outs, and got to walk out through the tunnel to the pitch. We finished the tour looking around the museum.

Thank you to @chelseafcfoundation for this opportunity. We already have some very keen students signing up to the next part of the referee course





## Norman Castles – Ms Atley

Shout out from Miss Atley: History holiday homework for 7MLY and 7STE was to research or make a Norman castle. Some amazing creations were handed in! Congratulations to Nyla, Blossom, Harry, Maxwell, Mia, Andrei, Isobel and Ismael who made castles.

I really enjoyed seeing your creativity. Below are a selection.



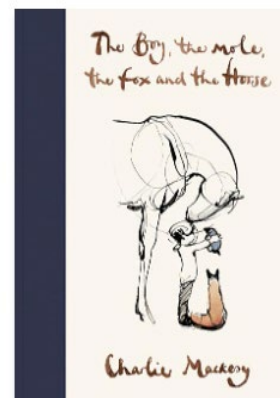
## Staff Book Recommendations – Ms Sulliman

This week, **Mr Cameron** recommended **'The Boy, The Mole, The Fox and The Horse'** by **Charlie Mackesy**. Mr Cameron recommends this book as he has found it to be incredibly calming. He enjoys the way the text is presented: beautiful illustrations teamed with inspirational yet simplistic narrative. Mr Cameron shared that he has picked this book up several times when he is feeling stressed and ends up feeling much better once he is done!

As with all recommendations, Mr Cameron has encouraged students to seek him out to discuss 'The Boy, The Mole, The Fox and The Horse', if they choose to read it!

Mr Cameron is reading  
**The Boy, The Mole, The Fox  
and The Horse**  
by Charlie Mackesy

It's better - you know - to have a light remark, than to say a heavy one. - Virginia Woolf



# PARENT MENTAL HEALTH DAY

## SATURDAY 27TH JANUARY 2024

Education  
Wellbeing  
Service

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



## What is Parent Mental Health Day?

Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.

## Factors which may impact parental mental health

The Cost of Living Crisis, which so closely followed the pandemic, and increased concerns about digital harms, rising rates of mental ill health and the impact of stretched services have further increased parent and carer anxiety and, in some cases, helplessness and hopelessness.

## For Parent & Carers

To boost your relationships this Parent Mental Health Day we are encouraging you to take time to **Connect, Play, & Reset** with the aim to create positive relationships at home.



**#PMHD2024**

For more resources: <https://stem4.org.uk/parentmentalhealthday/>

**Parent Mental Health Day**  
Parent Mental Health Day (PMHD) on 27th January is an awareness day that encourages understanding and awareness of mental health in parents.

stem4

**Creating Positive Relationships webinar**  
for Parents and Carers  
25th January 2024 at 7pm

Join us for our free 'Creating Positive Relationships' Webinar for Parents and Carers on the 25th of January at 7pm, in advance of stem4's Parent Mental Health Day 2024.

stem4PMHD  
#CreatingPositiveRelationships

PARENT MENTAL HEALTH DAY  
27th of January

Scan here



## 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](#)

