



Southfields Academy Weekly Newsletter

Week Commencing Monday 2nd October 2023



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

Year 9 News – Mr Samuels

We are thrilled to share some remarkable successes from Year 9 as we embark on this exciting journey together. The first four weeks of the school year have been phenomenal and we want to take a moment to celebrate the achievements and exciting events ahead.

Positives Galore!

In the first four weeks of school, our Year 9 students have collectively earned an astonishing 3,483 positives! This is a testament to their hard work, dedication and positive attitude towards their studies and the school community.

Shout-outs Abound!

Our students have been receiving recognition and praise from various teachers and departments. We're proud to announce that over 20 shout-outs have been given to Year 9 students for their outstanding contributions in and outside of the classroom.

Exciting events!

Year 9 has lots of exciting events on the horizon. These include Sets for Success, where athlete mentors will work with our students to improve leadership skills, Loudmouth Theatre Company will be doing a performance around healthy relationships in the spring term and much more.

We are immensely proud of the Year 9 students for their dedication, positivity, and enthusiasm. With your continued support, we look forward to achievements that are even more significant and memorable experiences in the coming months.

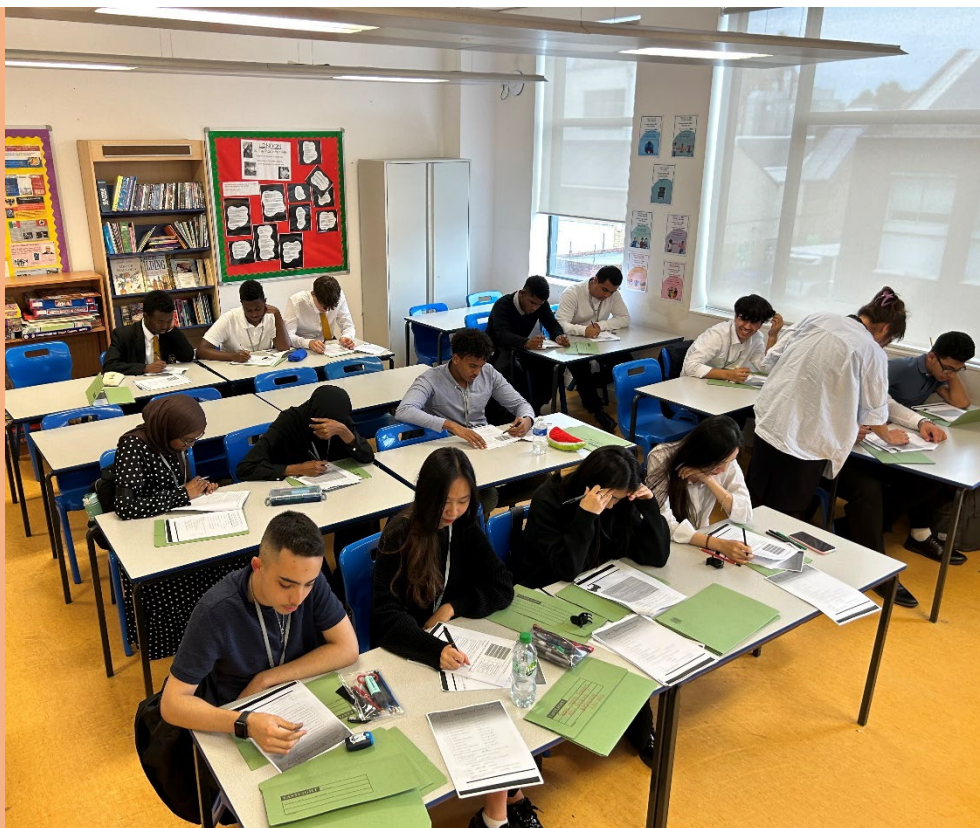
Thank you for being a part of our school community and stay tuned for more updates on these exciting events!

Mr Samuels and Ms Hussain

The International Group's Homework Clubs – Ms Camargo

Homework clubs run by the IG team have taken off and it's a good start. Most weekdays, students are supported by their teachers in a homework club that's not only aimed to boost the learners' English skills but also develops their IT skills. The students complete the work independently, ask for help when needed and enjoy working with their peers to support one another.

Here are some of our international students completing their work this week. As you can see, they are enjoying getting it done onsite to free up their time for fun after school!





Thought for the Week

"Spread love everywhere you go. Let no one ever come to you without leaving happier." —
Mother Teresa



Book Recommendations – Ms Sulliman

Every week, an adult in our community recommends a book to the students via assemblies. These recorded recommendations are played to students in Y7-13 as studies show that recommendations from those known to us are more likely to get us reading! Each week, the recommended read will also be shared in the Parents' Newsletter, with a QR code that you can scan for more information about the book.

This week, **Mr Browne** is recommending '**Requiem for a Wren**' by **Nevil Shute**. Mr Browne shared that he is an avid reader and recommended this book for its intriguing characters and great plot twists!

As with all recommendations, Mr Browne has encouraged students to seek him out to discuss 'Requiem for a Wren', if they choose to read it!

Mr Browne is reading Requiem for a Wren by Nevil Shute



It is better to know
than to say
what you
think
once
you
have
said
it
this
book
has
cut
it
very
well



A huge thank you to our TAs across
SEND, SEMH, TAS and the HSC!
Happy National Teaching Assistant
Day from all of us!

Live Better and Longer: Secrets of the “Blue Zones” – Ms Nearn



Most of us wish for a healthy and happy life well into ripe old age. We especially wish it for our children. However, are we setting a good example for them to follow?

The factors that influence our health and lifespan are not rocket science - they are mostly common sense. For example, it's well known that good mental health goes hand in hand with a long life. (Something as simple as [thinking positively can add 8 to 13 years to your life!](#)) It's also been shown that an excess of stress hormones can speed up ageing and wreck our health. Stress isn't all bad - we need it for motivation. It's how we handle it that counts.

A survey of the longest-living and happiest communities on earth, as explored in the Netflix documentary "[Live to 100: Secrets of the Blue Zones](#)", revealed that people thrive because of the ways they connect, think, move, and eat. Many young people are falling well behind in these four areas thanks to modern living. (Maybe you are too.) Thankfully, we can all make improvements even if we don't live in "blue zones."

Cultivate connection. Feeling loved, supported, and valued as part of a group (be that a family, a friendship group, a school, or a community) helps us feel less alone and more likely to ask for help when we are struggling. In fact, connection is so important that loneliness has been estimated to shorten a person's life by 15 years! A strong bond with pets counts too.

Pursue purpose. Lack of meaning is a big contributor to poor mental health. Everyone needs a reason to get up every morning, that's why having a sense of purpose and goals is so important. This goes hand in hand with hope. Optimism and hope pull us forward on down days, and ensure we don't overlook the good in our lives. Encourage your kids to get involved with something that evokes a sense of purpose.

Eat wisely. Real food nourishes and satisfies; processed food does the opposite. The typical western diet is the reverse of what the longest living people on earth eat - a seasonal diet, rich in plants, and low in animal protein. (A Mediterranean diet is a good example.) Moderation counts too. A good rule of thumb is, if your ancestors wouldn't recognise it as food, it's best to avoid it!

Move more. Although science is still grappling with the details, it has been found that those who spend [long periods of time sitting](#) have higher rates of diabetes, cardiovascular disease and death from all causes. It is also associated with poor mental health. But you don't need to join a gym! Simple things such as walking instead of taking the bus, opting to take the stairs, doing household chores, or working in the garden have more impact than you realise. Just keep moving.

It's not easy to get adolescents to take up healthy habits, but setting a good example is far more powerful than telling them what to do. If they see us connecting, thinking, moving, and eating in ways that promote good health and long life, they *will* notice. Adopting good habits now will benefit the whole family's physical and mental health for many decades to come.

Dates for Your Diary

Tuesday 3rd October 2023 – Open Morning
Wednesday 4th October 2023 – Open Morning
Thursday 5th October 2023 – Open Evening
Tuesday 10th October 2023 – Open Morning
Wednesday 11th October 2023 – Open Morning
Tuesday 17th October 2023 – Open Morning
Wednesday 18th October 2023 – Open Morning
Thursday 19th October 2023 – Y12 Meet the Tutor Evening