



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

Year 10 News – Ms Gbolonyo

Year 10 Careers and Work Experience Talks

We are thrilled to share the highlights of some remarkable assemblies held over the last month, whereby myself, Ms Marshall, Ms Rodriguez and Ms Simpson took centre stage to share our personal career and work experiences.

This was designed to provide students with valuable insights into the diverse paths that we have taken, illustrating the varied and inspiring journeys that have led us into the teaching profession.

I would like to say a huge thank you to Ms Marshall, Ms Rodriguez and Ms Simpson. Together we shared a combination of the value we received from volunteering, youth clubs, working in primary settings, joining sport clubs, being organised, demonstrating our leadership skills, studying abroad, working in retail and in the met cadet



Year 10 took away the profound message to be proactive and grab opportunities with both hands. As Year 10s take part in work experience next term, staff will continue to share the careers and experiences and tips for making a big positive impression whilst working in the real world.

Student voice: Attila 10AMD- "Thank you for sharing your work experience with us Ms Gbolonyo it was very inspiring."

Important Year 10 reminders

Monday 25th June to Friday 5th July 2024 - Year 10 Mock exams
Monday 15th July to Thursday 18th July - Year 10 Work experience
Friday 19th July 2024 - Compulsory work experience debrief

Dates for Your Diary

Monday 27th May 2024 – Half Term Holiday Starts
Monday 3rd June 2024 – Academy Resumes
Tuesday 25th June 2024 – Year 13 Prom
Wednesday 26th June 2024 – IEAP Day
Thursday 27th June 2025 – Year 11 Prom
Friday 28th June 2024 – INSET Day
Tuesday 2nd July 2024 – Year 6 Induction Day
Thursday 4th July 2024 – International Group Prom



Thought for the Week

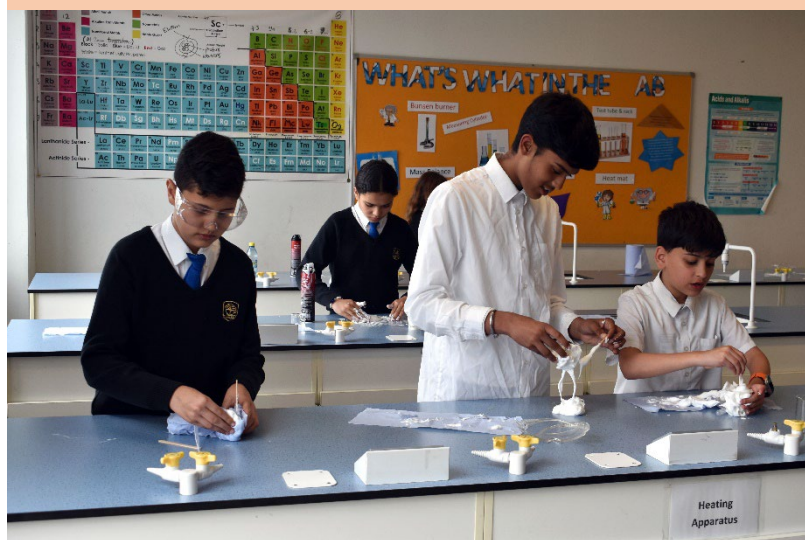
Folks who never do any more than they get paid for, never get paid for any more than they do.
— Elbert Hubbard



Science Club – Ms El Maadi

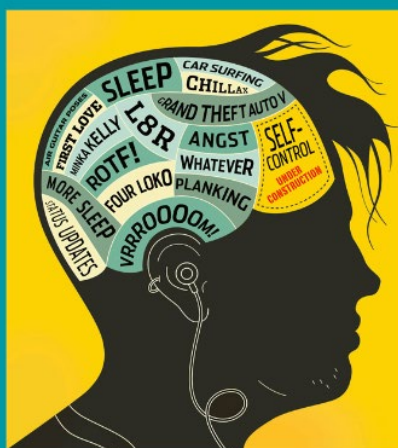
This past science club, our budding scientists got their hands dirty with a fun experiment – making slime! It was a fantastic way to combine playtime with learning about polymers and the fascinating properties of matter. This is the second time this year we have made slime so the students have become pros!

Students discovered how simple household ingredients could transform into a cool, squishy toy. With just a little help from grown-ups, they mixed up unique slime concoctions, all while having a blast exploring the science behind this popular sensory experience.



Who is this stranger?

Understanding teenage development through the lens of neuroscience



Who is this stranger: Understanding teenage development through the lens of neuroscience

MORE NEW DATES!

Monday, 3 June · 9:30 – 10:30am

Wednesday, 5 June · 4:00 – 5:00pm

Click [here](#) to signup, for contact tricia.nearn@southfieldsacademy.com for more information.



London Neurodiversity Umbrella Project

Parent/Carer webinars

The ADHD Foundation Neurodiversity Charity will be hosting live, 90 minute parent/carer support sessions between May 2024 - July 2024. These sessions will be held online (they will not be recorded).

To register for the sessions, please follow the links on the following pages.



Topics covered

Understanding ADHD - The session we will explore the characteristics of Attention Deficit Hyperactivity Disorder (ADHD) and how they present in children and young people. The common myths and misconceptions of ADHD will be explored, empowering Parents/Carers to advocate for their child and implement strategies in the family home.

Neurodiversity and lifestyle - The session will explore the importance of sleep and the impact poor sleep may have on neurodivergent children and young people. The session will also explore some of the common food challenges associated with Neurodiverse conditions and the importance of exercise and movement.

Understanding Neurodiversity - The session will explore neurodiversity, looking at some of the common conditions and co-occurrence. The session will provide an insight into specific challenges and barriers neurodivergent children and young people may experience including executive function impairment, sensory integration difference and emotional reactivity. Strategies will be introduced that can be implemented in the family home.




Understanding and supporting emotional self-regulation - The session will explore the stress response system, some of the potential triggers children and young people may experience and strategies to support emotional regulation.

Understanding and supporting Autism - The session will explore autism and look at the diagnostic criteria, the main characteristics and how they may present. We will also consider the challenges and barriers autistic children and young people may experience and strategies to support them.





To access the live session please click on the course title below or scan the QR code.

Understanding ADHD

20.05.24	<u>Understanding ADHD</u> 	1pm
12.06.24	<u>Understanding ADHD</u> 	7pm
28.06.24	<u>Understanding ADHD</u> 	10am




Neurodiversity and lifestyle

23.05.24	<u>Neurodiversity and lifestyle</u> 	7pm
14.06.24	<u>Neurodiversity and lifestyle</u> 	10am
01.07.24	<u>Neurodiversity and lifestyle</u> 	1pm



If you would like anymore information about the project, please contact Emma Weaver via email: emma.weaver@adhd.foundation.org.uk

To access the live session please click on the course title below or scan the QR code.

Understanding Neurodiversity

5.6.24	<u>Understanding Neurodiversity</u> 	10am
17.6.24	<u>Understanding Neurodiversity</u> 	1pm
04.07.24	<u>Understanding Neurodiversity</u> 	7pm




Understanding and supporting Emotional Self Regulation

07.06.24	<u>Emotion regulation</u> 	10am
25.06.24	<u>Emotion regulation</u> 	1pm
10.07.24	<u>Emotion regulation</u> 	7pm

If you would like anymore information about the project, please contact Emma Weaver via email: emma.weaver@adhdfoundation.org.uk

To access the live session please click on the course title below or scan the QR code.

Understanding and supporting Autism

27.6.24	<u>Understanding Autism</u> 	1pm
08.07.24	<u>Understanding Autism</u> 	10am
15.07.24	<u>Understanding Autism</u> 	7pm

If you would like any more information about the project, please contact Emma Weaver via email: emma.weaver@adhd.foundation.org.uk

REGENERATE

CREATING OPPORTUNITIES FOR YOUNG PEOPLE TO THRIVE

Regenerate's Youth Club is open to any one aged 11-19.

We offer loads of activities and opportunities, as well as a safe place to hang out, build positive health and wellbeing, learn new skills and grow in confidence.

SCAN TO SIGN UP:



Follow us to stay in the loop!
@regenerate_ldn



Any questions or for more info, text AJ: 07394 185 785

MAY HALF TERM

Meeting Points for Trips:

ASH:
Ashburton Youth Centre
Westleigh Avenue
SW15 6XD

REC:
Roehampton Rec Centre
Laverstoke Gardens
SW15 4JB

PLEASE NOTE:
Trips must be signed up to by Monday 20th May.

Returned sign up forms/consent don't always guarantee a space

Monday 27th May	CLOSED FOR BANK HOLIDAY
Tuesday 28th May	TRIP: Chessington World of Adventures 9AM - 6:30PM, Meet @ ASH
Wednesday 29th May	DROP IN/Pizza Making 3:30 - 6PM, ASH
Thursday 30th May	DROP IN/Game Day 3:30 - 6PM, ASH
Friday 31st May	TRIP: Laser Quest 12 - 5:30PM, Meet @ REC