



Southfields Academy Weekly Newsletter

Week Commencing Monday 17th June 2024



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

Researchers Visit – Ms Sulliman

On Monday, we were delighted to welcome researchers from the Department of Psychology at Royal Holloway, University of London, into our Music Department!

Dr Ashley Symons and Ms Emma Curtis came to a Y10 music class where students were participants in a study that explored how adolescents use pitch and rhythmic cues when listening to music and spoken language. Students listened to various examples from music and spoken language and responded with their interpretations of what they heard.

Our guests kindly rewarded all participating student with a £10 book voucher to thank them for their time!



Dates for Your Diary

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

Wednesday 10th July 2024 – ADT/Music Spotlight

Monday 15th July 2024 – KS3 Sports Day

Monday 15th – Thursday 18th 2024 – Alternative Activities – End of Year Assemblies Years 7, 8, 9 & 12

Friday 19th July 2024 – Year 10 Work Experience Debrief, End of Year Achievement Assembly.



Thought for the Week

You may have to fight a battle more than once to win it. — Margaret Thatcher



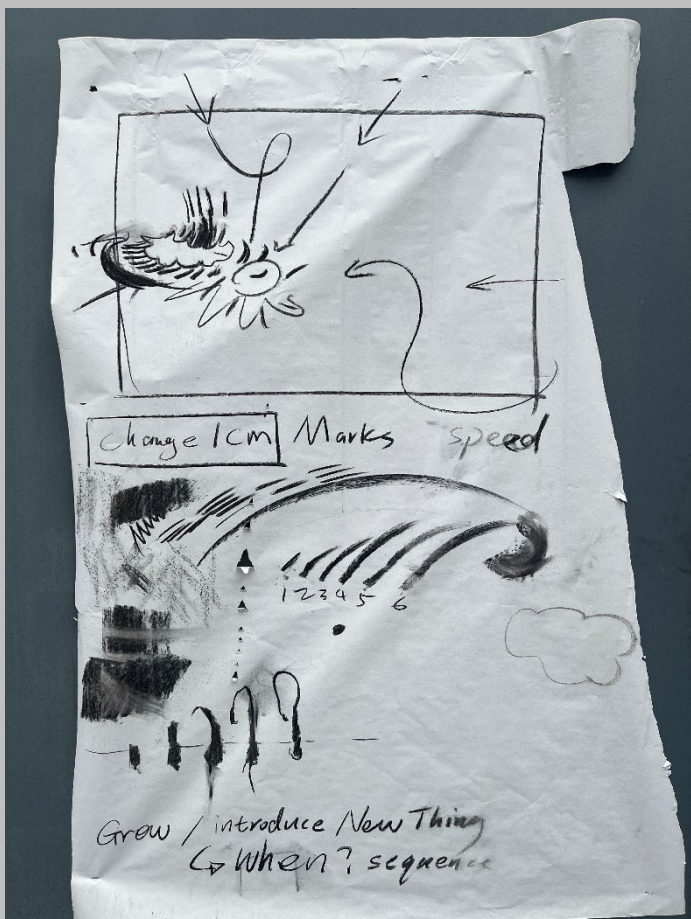
Year 12 Art – Ms Wu

I am excited to share a fantastic lesson we had last week with our amazing Year 12 Art students during Wednesday's Periods 5 and 6. Our students, including Nosyba, Yasmine, Lorena, and Melissa, participated in a two-hour stop motion animation charcoal drawing workshop inspired by the talented artist William Kentridge.

During this workshop, students used Kentridge's creative methods and one of his landscape drawings to direct their own moving image story lines through group discussions. They worked incredibly hard and thoroughly enjoyed the dynamic and ever-changing process. Through their collaboration, they demonstrated remarkable adaptability to unexpected scenes and mistakes, ultimately creating an incredible final piece.

A huge round of applause to all of them for their dedication and excellent work!

Well done!



Science Club Trip – Ms El Maadi

Last Friday, 30 members of the science club visited the Science Museum as a reward trip for attending science club all year!

They were able to take part in a music exhibition where students learned about the science behind music and how music can affect our minds and health.

The students then went to see the space exhibition and learn all about their genetics and what makes everyone unique.



By the end of the day, our young scientists were buzzing with questions and brimming with newfound knowledge. It's safe to say this trip to the Science Museum was a stellar success!

Virgin Media O2 Careers Talk- Kai Spellman

On Wednesday 5th June 2024, Year 10s had the pleasure of having a guest speaker called Kai Spellman from Virgin Media O2.

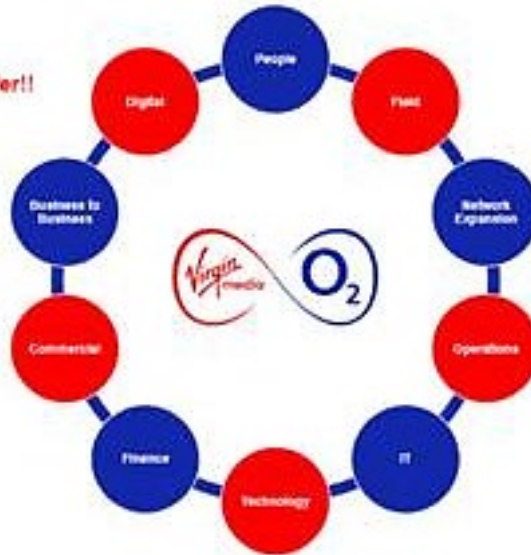
Virgin Media and O2 are two of the UK's most iconic brands that have combined forces. Students were fascinated to see the wide variety of roles available within Virgin O2 as well as the benefits offered to their employers.

Where could I work?

Just some of the roles on offer!!

- Business Analyst
- Engineer
- Technician
- Cyber Security
- IT Architect
- Marketing
- Strategy
- Client Manager
- Product Owner
- Data Analyst
- Programme Manager

Plus, many, many more!!



Students were also shown the route to accessing this field via apprenticeships or graduate programmes. Year 10's, don't forget to try out the 'Match Me' tool that helps match potential candidates with apprenticeships suitable to their skills by scanning the QR codes below.

Let's find out what you can do? Scan the QR Code



As Year 10s approach their work experience placements, Kai left students with tips they can utilise in the work place.

Be punctual, demonstrate your strengths, communicate effectively, work effectively as a team (if applicable) and enjoy the process.

Through every opportunity or experience, reflect on what you have learnt and how you can use this for future roles.

Thank you very much to the careers team for organising this talk!

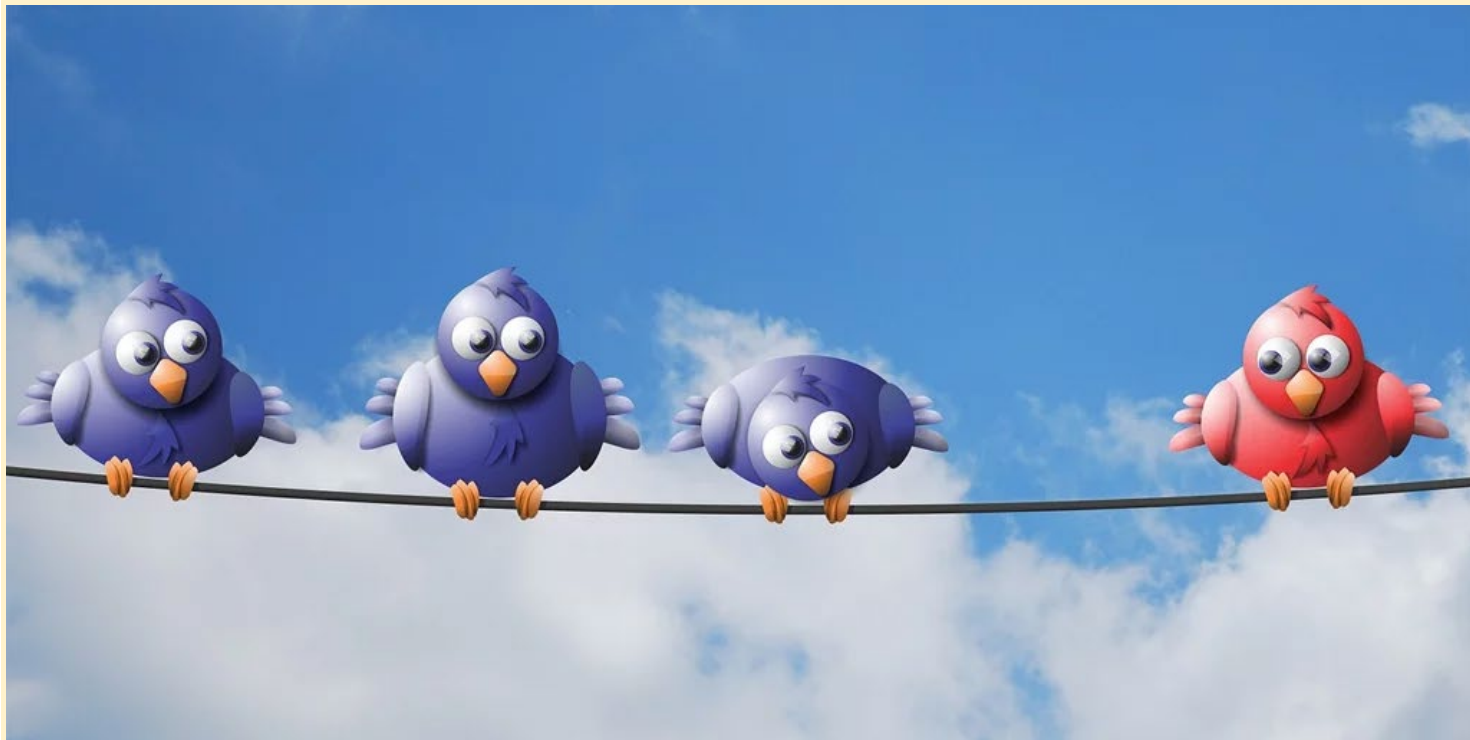


Why is being left out so painful? – Ms Nearn

Every week students drop by my office to discuss friendship issues. As young people learn how to negotiate relationships and learn their own boundaries, they often discover that being left out is the dark side of friendship. Most of us have been both victims and perpetrators. Why does it hurt so much?

Watch this short [video](https://www.youtube.com/watch?v=3_of6_62fns) (https://www.youtube.com/watch?v=3_of6_62fns) to learn why it is so painful, and how we sometimes affect the people around us even when we don't mean to. This is true for parents and young people alike!

(Tip: While you listen, substitute “work” with school.) When you are finished, read on.



Can you think of an example when someone's mood impacted you negatively? What about the opposite - how did you impact them?

Something else to consider: Do people have to “walk on eggshells” around you or your child? Sometimes extremely sensitive or especially controlling people unintentionally hold their friends hostage to their hurt feelings. (“We have to include Jane or she'll be angry/upset.”) In the long run though, demanding and needy people cost themselves friendships.

Inclusion and exclusion - sharing attention with others in your social circle, and respecting boundaries - are issues in even the strongest friendships. Part of what some people experience as exclusion is really only the normal balancing of attention that multiple friendships require. And trust me, school friendships are like an ongoing game of chess!

If your child is struggling with being left out (or leaving others out), show them the video and have a chat. As always, knowledge is power, and it may save them from future conflict and pain.

If you have questions or think your child could use some support in this area, please email me: tricia.nearn@southfieldsacademy.com

Hospital Visit – Ms Olasimbo

On May 24th, the Year 10 Health and Social Care students visited the Royal Hospital of Neuro-Disability for a ‘Proud Places Insight Day’. During their trip, they interacted with a variety of healthcare professionals, including music and art therapists, dietitians, and physiotherapists. They toured the hospital and learned about how these professionals support patients with neuro-disabilities.

The students also engaged with the staff and participated in activities where they had to guess the purposes of ancient medical equipment. Additionally, they observed demonstrations of modern adaptive equipment, including technology that allows communication through computers without the need for speech.

Year 12 News – Ms Hess

Wimbledon Bookfest - University of Roehampton

On Wednesday 22nd May Year 12 students were invited to attend an Introduction to University Day on-site at University of Roehampton organised by Wimbledon Bookfest for Merton and Wandsworth state schools.

The Taster day offered our 6th Formers an exciting opportunity to experience and explore higher education for themselves, speak with current students and explore the beautiful campus.

A programme of talks about law, contracts, economics, English, race & disability studies, story-telling, biomedical science, biochemistry, nursing, bioengineering, business, marketing, cybersecurity, computer science, psychology, neuroscience, history, philosophy, politics and government was available. Other sessions included finance, applications and student experience.

Each student was given a copy of a book of the guest speakers, of their chosen subject.



Level 2 Students

Our Level 2 Year 12 students have now completed their courses and exams. Students unsure of their next steps have been invited to attend Apprenticeship Day on IEAP day to support their decision-making. Final results will be available on the 22th August.

Tackle loneliness head on



Building Connections is an NSPCC service that empowers young people to tackle loneliness

Building Connections

An NSPCC service

65% of secondary school students said they didn't feel equipped to cope with loneliness.

Building Connections can support you through.

Created for young people up to the age of 19. Discover tools that work for you by working with a befriender online over 11 weeks.

Befrienders are adult volunteers who are reliable and supportive. They're trained to guide you through the Building Connections programme.

Hi, I'm Michelle 



"Whether young people are confident sharing their experiences of loneliness or they find it more difficult to connect initially, that's ok, we can work with them building a supportive connection. Allowing them to find the tools and resilience they can draw upon to cope with loneliness."

Michelle, Building Connections Befriender

Build SUPPORT. Build CONFIDENCE. Build CONNECTIONS.

[Talk to your teacher for more information](#)

©NSPCC 2023. National Society for the Prevention of Cruelty to Children. Registered charity England and Wales 216401, Scotland SC037717 and Jersey 384. Photography by Tom Hull. Child pictured is a model. Adult pictured is Michelle, a Building Connections Befriender. Illustrations by Jordan Andrew Carter. J20230086.

IG learners, Year 7s and Chelsea in a football tournament at Southfields Academy

Earlier last month, a small group of IG students took part in a competition run by Chelsea Football Team. The aim of the competition was to raise mental health awareness. The IG students were assigned a social action project designed to improve mental health and wellbeing with their local communities. The students involved worked on this project over a period of four months.

In that time, the learners created online games similar to Kahoot in order to raise mental health awareness and more recently organised a football tournament for the Year 7 students at Southfields. The tournament proved popular and saw a huge response from the Year 7 cohort.



IG Continuation

We were very proud of our IG students' efforts in supporting and organising many Year 7s on the pitch on the day of the tournament.

Of course for many of the Year 7s the huge buzz around the tournament was very good for their wellbeing and engagement in the much loved sport.

Many Year 7s of different sporting abilities along with a female striker on the winning green team wowed the cheering crowds.

The lucky winners left the Southfields' pitch with Chelsea goodie bags that left many of us envious! Well done to Green Team and well done to the IG group of students who made this tournament happen!



Science Club – Ms El Maadi

This week at science club students were able to take part in a dissection.

They dissected eyes and had the task of trying to find the lens. Dissections are a great way for students to learn about the anatomy up close.

Eye dissections are not typically done till year 10 so this was a great opportunity for the year 7s although some students were a bit squeamish.

