



Southfields Academy Weekly Newsletter

Week Commencing Monday 24th June 2024



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

Year 13 News – Mr Browne

A Level Results Day and UCAS Clearing: A guide for parents

For A Levels and Level 3 vocational courses results day is on the 15th August - Year 13 students should aim to collect their results in person - not least because there will be staff available to help with Clearing.

The UCAS Clearing process can be a valuable opportunity for students who haven't received any offers, have declined existing offers, or don't have the required grades on results day. UCAS Clearing provides an alternative pathway to explore opportunities that align with your child's academic interests and career goals.

Please encourage your child to conduct thorough research and explore the UCAS website. This platform offers an up-to-date list of available courses and universities participating in Clearing. There is also Clearing Plus that uses algorithms to recommend suitable alternative courses (based on their original UCAS application). This innovation has dramatically improved the Clearing process.

If your child needs to use Clearing, encourage them to speak with university admissions offices or specific departments to discuss available courses and express their interest. It is important for your child to prepare and articulate their qualifications, grades, UCAS ID number and personal statement, showcasing their suitability for the course.

Assist your child in making their application through UCAS Track, the online platform used for Clearing. This process involves entering the university's details, course codes and personal information required for the application.

Time is of the essence - results day and the day after are when many courses will still be available. Top tip: early on the morning after results day (16th August) is the best time to get through to admissions helplines - some open as early as 7.00am. Once a decision is made, your child can accept the offer through UCAS Track.

In the meantime, everyone in the sixth form team hopes you have a lovely summer and we look forward to seeing you on results day.

Y12 psychology trip to the Freud Museum and 'Hello Brain! Exhibition – Ms Swann

On Thursday 20th June, the Y12 psychology students went to the Freud museum. They had a tour of the house and attended a talk about Freud, psychoanalysis and the role of our unconscious. The students were so engaged and asked mature and thoughtful questions. The students asked questions about dreams and intrusive thoughts and had the opportunity to see the studio where Freud carried out some psychotherapy.

In the afternoon, we went to the 'Hello Brain!' exhibition at the Francis Crick Institute and students could see some of the things they have been learning about in biopsychology displayed.





Thought for the Week

She stood in the storm and when the wind did not blow her way, she adjusted her sails. — Elizabeth Edwards



Y10 Health and Social Care Trip to Linden Lodge – Ms Swann

On Friday 14th June, the Y10 health and social care students went to visit Linden Lodge school which is a special needs school for pupils for vision and sensory impairments.

The students started by going on a tour of the site and then heard from some professionals such as nurses and speech and language therapists about their roles. The students then divided into pairs and went into lessons and supported students with all sorts of activities from massage and physical therapy to art and reading.

The whole class received so much positive feedback from staff at the school and they were praised for being proactive and mature. The students all left feeling really positive about their experience.



Duke of Edinburgh – Dr Stackhouse

Our newest bronze group came out on their first practice Duke of Edinburgh expedition this week. They learned camp craft as well as walking around 35 km over two days. On the first day they walked with their teachers, but on the second they navigated alone (with close supervision) for around 10km!

They returned tired and muddy but we're very proud of them! Now on to their full expedition in July!



Student Success – Ms Perera

A massive shout out and congratulations to Leona Cole for her efforts to pursue her creativity and expertise in the creative field. Leona applied for Wandsworth Arts Fringe Young Reporters and successfully secured the opportunity to learn how to conduct and edit interviews for live radio broadcasts. Leona conducted her first professional interview with Eleanor Penfold about her show Serene Sounds.

Leona is now featured on the official Wandsworth Arts Fringe Website, featuring her podcast. Watch this space, big things are heading her way.

Our WAF Young Reporters have been stepping into the shoes of a radio broadcaster with **Riverside Radio**, learning how to conduct and edit interviews for live radio broadcasts. They've then been putting their skills into action interviewing an array of incredible acts from the Wandsworth Arts Fringe 2024!

Check out their radio interviews below!

Meet Leona...



My name is **Leona**, I'm 17 years old and I've recently started my own podcast! However, I have put it to a stop because there is still so much I need to learn about the podcast world. So that leads me here, where I hope to learn as much as I can and take it away with me and only go up from there.

Listen as Leona interviews Eleanor Penfold about her show Serene Sounds.

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.

National Sports Week – Ms Lanning

This week it was National Schools Sports Week!

The PE department put on several events at every break time, featuring many different sports. There was dance, fitness, tennis, football and table tennis. Hundreds of students have taken part in challenges during tutor time, break times and after school. Thank you to all the staff that helped and ran an event and to those of you that gave the challenges a go.

It's always so great to see the students be more active and competitive.



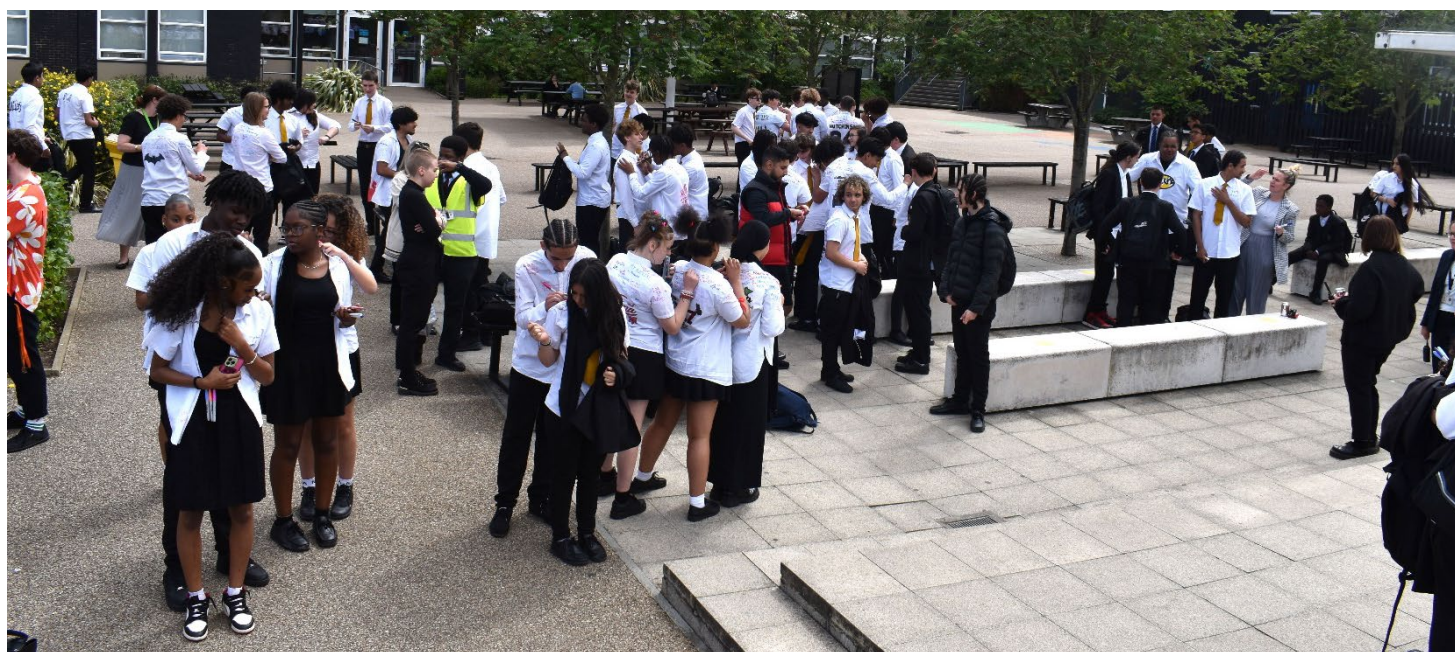
Farewell Year 11 – Mr Lamboi

Last Friday, Year 11s zealously wrote indelible messages of encouragement and hope on one another's shirts to celebrate the end of their GCSE exams. This was followed by one last year group photo. The atmosphere was vibrant and electric. It was a perfect way to sign off their GCSE exams.

On Thursday 27th July, parents/carers are invited to attend the Year 11 Graduation at Southfields Academy, from 4.15pm-6pm. We look forward to seeing you there to commemorate your child completing their secondary school education at Southfields Academy.

Class of 2024

With determination, patience and resilience you can achieve anything that you want to achieve. Live a life that, when you look back on it years from now, will make you proud.



2019 - 2024



Is it time to take a step back? – Ms Nearn

What do you call parents who want to protect their child from hardship or disappointment at any cost, and remove or smooth every obstacle? Some of the terms are “Helicopter Parents”, who hover around, ready to swoop in at the first sign of difficulty, “Bulldozer Parents”, who try to muscle away every obstacle, or “Bubblewrap Parents”, who attempt to shield their kids from all danger and difficulties.

Parents act the way they do according to their own fears, hopes, beliefs and values. None of these impulses are wrong, but there are ages and stages for everything. When a child reaches secondary school, it is time to begin loosening the grip in appropriate ways.

There are three basic psychological needs - autonomy, competence, and relatedness. They are no less important than our basic physiological needs (hunger, thirst and sleep) and are universally important for psychological wellbeing and motivation.



Autonomy: Feeling like you are in control and have choice; making informed decisions (based on your values and beliefs); taking responsibility for your decisions and actions; feeling free and willing

Competence: Having an optimal level of challenge (not too easy, not too difficult); feeling able to have a go at challenges; feeling confident in your ability to complete tasks; feeling goals are achievable.

Relatedness: Feeling connected to others around you (e.g., family, friends, colleagues, etc.); having a good social support network; feeling like other people care about you.

How do we achieve autonomy, competence, and relatedness? Through practice. Just like learning to walk, kids need to try, fail, and try again. You can give them a hand to hold, but ultimately they must do it themselves.

While children learn to be independent, you may need to gently remind yourself from time to time to pull back from being so involved in your kid's lives. It is definitely easier to recognise those times in our friend's behaviour than it is to see it in ourselves, especially as our behaviour generally stems from a place of love or fear. So here are a few situations to be mindful of stepping back:

- **When your child is in conflict with another student:** Resist the urge to step in. Every child goes through conflict, and it's normal to want to take the pain away. Having a go at another parent or expecting the school to make the situation disappear robs your child of the chance to build relationship skills and develop appropriate boundaries. Instead, validate their feelings and ask, "What's your plan?" If they haven't got one, "We'll figure it out together."
- **When your child is in trouble at school:** All kids mess up from time to time, so keep in mind that teachers are your partners in educating your child, not the enemy. Facing consequences for actions builds accountability.
- **When your child is playing sport:** celebrate their successes, but allow them the space to reflect on their failures without rushing in. And think twice before contacting coaches or staff!
- **When your child doesn't get the results you want:** Is it about your expectations or theirs? They will come to terms with the disappointment - will you?
- **When your child is relying on you instead of learning:** Don't rob your kids of the chance to become competent by doing things for them. Showing is better than telling, and doing (having a go; practising) is better than showing. Doing something badly is the first step to doing something well.

Kids need space to make mistakes and learn from them. If we are overly supportive, we stifle their growth and keep them immature. **Note that self-esteem, self-confidence, and self-worth all contain the word SELF.** These are things we must accomplish on our own. Support your children, teach them, love them, but learn to step back so they can fulfil their potential.