



Southfields Academy Weekly Newsletter

Week Commencing Monday 15th July 2024



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

Year 8 News - Ms Millward

I would like to give a warm welcome to those that have recently joined our school community and recognize the kindness shown by the Year 8's in looking after students who are new to the year group. As we come together for one final push, Year 8 have much to celebrate in terms of achievements this year. Highlights include the careers carousel, PGL, sporting fixtures, English trip to Brixton Library to hear the author, Shade Lapite, talk about her new book: Goddess Crown, Titans reading trip to see Hamilton and finally a successful trip to Roehampton University. We still have lots to look forward to with Sports day, end of year trips, picnic and end of term achievement assembly before we break up for the summer.



The year team were hugely impressed with the effort put into IEAP day 'Hopes and Dreams' presentations. The students produced some hugely inspiring work and it really was a fabulous way to round off our last IEAP for this year.

With end of year exams behind us, I would like to congratulate the year group for their conduct during the exams and say how impressed I was with the 'can do' attitude and maturity shown.

Wishing you all restful and enjoyable summer.



My dreams!!!

- I hope to improve my test/exam
- Good attendance
- Top 10 positives
- Kindness
- Good example
- Well behaved
- Over 190 positives





Thought for the Week

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow'. — Mary Anne Radmacher



Extracurricular Activities



In Year 9, I would like to:

- Attend at least 1-2 after school activities per week
- Find out about DofE
- Be more active outside of school

Academic progress

- In year 9 I wish to read more books as i don't read too often and strive to do more work in class
- I would also like to try and study for my exams more and through the summer holidays too.



Anthony Dove – Mr Lamboi

We would like to congratulate Year 11 student Anthony Dove for signing a two-year scholarship with Reading FC.

Very well done and good luck!



Summer Showcase – Ms Jaffer & Mr Gumble

Wednesday evening saw our first Summer Showcase at the academy, with a mixture of artwork, retro fun fair games and some incredible musical performances from our students and some staff members.

The whole event had an 80's theme and the students really did their research and gave the whole evening a nostalgic feel (for those of us that were around at the time!).

It was great to see the whole Southfields community get involved for this event which has been months in the making.

Thank you to all those students who performed and volunteered for this event. It was wonderful to see parents proudly supporting their children and see all their hard work and practice pay off!

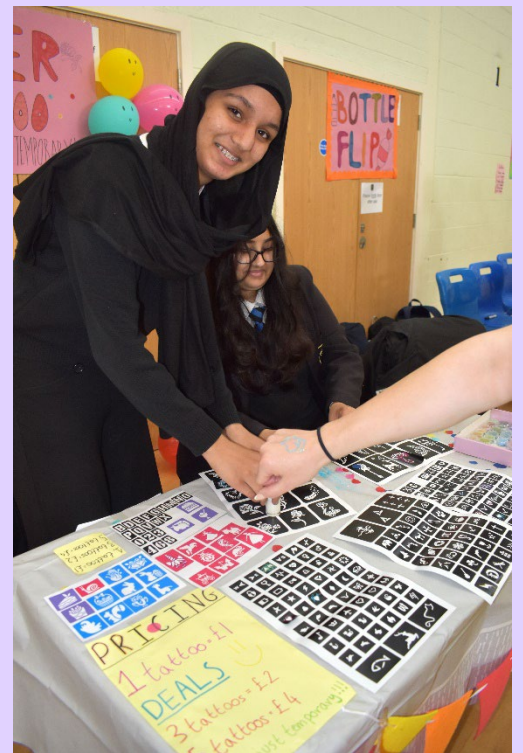


Year 9 Enterprise Fair – Ms Hodgson/Ms Maunder/Mr Wood

On Friday 12th July, the Year 9 students hosted their very own Summer Fair. The students worked in small groups to design their stalls, create a price list and organise their stock.

Examples of stalls they ran include a tombola, glitter tattoo making and sponge the teacher! A local primary school visited and according to them, they “had the best day ever!”

The Year 9 students were fantastic and demonstrated their outstanding enterprise skills!

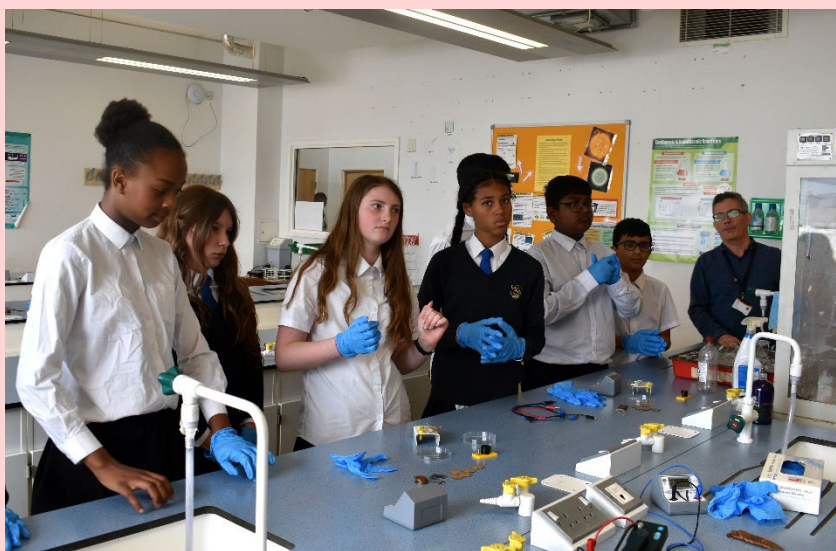
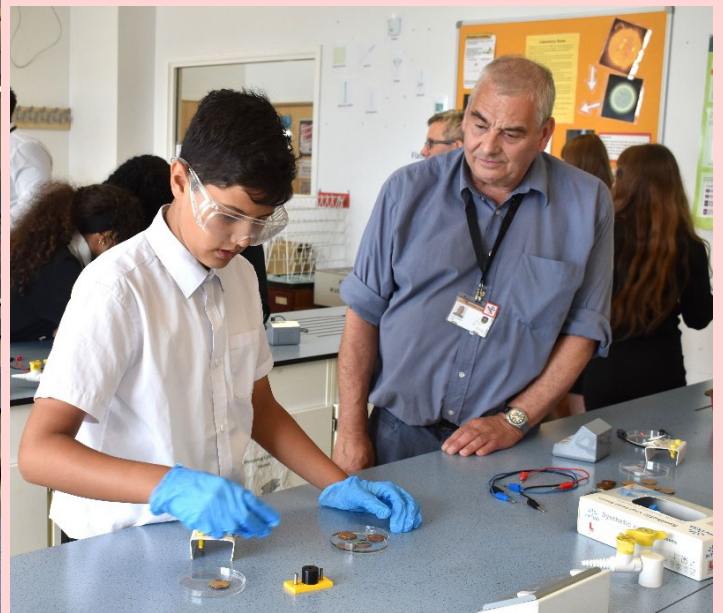
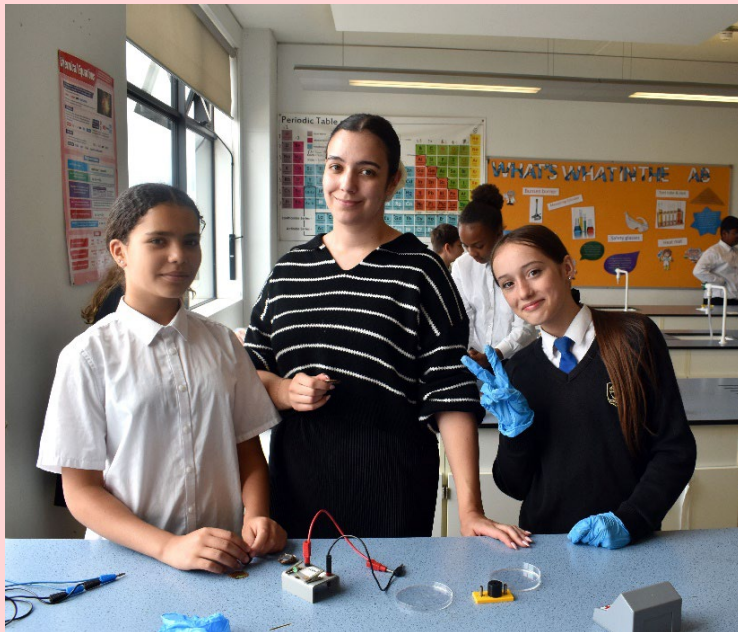




Science Club – Ms El Maadi

This week was the final science club of the year. The Year 7 students made a battery out of common household items - cardboard, tinfoil, copper 2 pence and some vinegar. The students got a bulb to light and a buzzer to work using these homemade batteries.

They also assembled their own circuits showing their Year 7 electricity knowledge. This was my final science club at Southfields Academy, as I will be leaving at the end of this term. It has been a pleasure to run the science club and thank you to all the students who have attended this year.

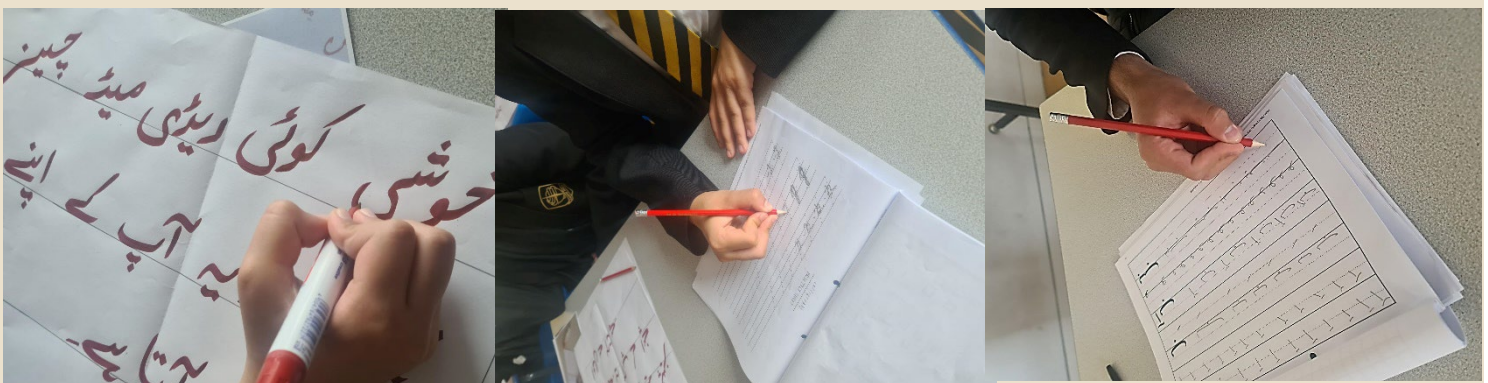


International Group Art Project – Mr Mellor

The International Group Year 9s and 10s have been creating their annual end of year art project and this year it was about calligraphy. They began learning the history of calligraphy, practicing how to write some letters, words or characters from the Arabic, Cyrillic, Chinese, Latin calligraphy styles, and adapting them to their own languages using the calligraphy markers.

They decided what inspirational message they each wanted to write on their scrolls and a language and style they wanted to write it in. They practiced writing their phrases on A3 paper and when they had discovered how many lines they would need, how many words to put on each line and how big each letter needed to be, they wrote their phrases with the calligraphy markers.

Once they were happy they could replicate their phrases on their scrolls, they measured up their lines and wrote their messages in calligraphy as beautifully as they could. The scrolls and their accompanying posters will be shared with all the new IG students, as they will go on display in an IG classroom in September.



SUMMER BREAK



Summer Self-Care – Ms Nearn

Students may be eager for school to end for the summer, but the lack of routine can be challenging for both them and their parents or caregivers. Having structure to our day, and a sense of purpose, is the ground that good mental health and wellbeing is built on.

Research suggests that a lack of routine makes young people more vulnerable. Adolescence brings huge physical, emotional, and social changes. When so much of a teen's life is in flux, the predictability of everyday routines (such as a consistent bedtime, or eating meals at predictable times), helps them stay grounded and stable.

A [recent study](#) from the University of Georgia found that teens with regular routines “reported less alcohol use, greater self-control and emotional well-being and higher rates of [university] enrolment in young adulthood.” Even more impressive: consistent routines correlated with lower levels of the stress hormones.

“We often lose sight of the mundane aspects of life, but if we can get control of the... everyday parts of life, then I think we can have a major impact on some bigger things.” ~ Allen Barton

You don't have to be too strict with this - it is summer after all - but consider establishing a few basic goals such as eating dinner together at the same time at least a few times each week, planned screen-free time, or establishing a “no later than...” rule around going to bed and getting up in the morning. Allow kids to come up with their own plan and they'll be much more likely to stick to it.

Just as important as routine, is having a sense of purpose. With school on hold, many kids feel lost. Why not take the opportunity to teach them practical skills such as cooking and baking, or basic DIY or gardening? Planned outings, projects, chores (even if it's just making their bed!), and other responsibilities such as summer homework and reading, help kids feel like they are accomplishing something and not just wasting six weeks glued to a screen.

It may not be easy to set boundaries and inspire a sense of purpose over the six-week break, but it will benefit both you and your children if you do. Good luck, and have a great summer!

Autumn Term 2024 Open Events

Thursday 3 rd October	09:00-10:15
Tuesday 8 th October	09:00-10:15
Thursday 10th October	17:30-19:30
Tuesday 15 th October	09:00-10:15
Tuesday 22 nd October	09:00-10:15
Wednesday 23 rd October	09:00-10:15
Thursday 24 th October	09:00-10:15

At all other times, we welcome visits during the school day,
please email: sean.french@southfieldsacademy.com
or phone: 020 8875 2661

Dates for Your Diary

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.
 Monday 2nd September 2024 – Staff resume
 Wednesday 4th September 2024 – Year 7 Start Term
 Wednesday 4th September 2024 – Year 12 interviews
 Thursday 5th September – All Year Groups Start Term

The new term in September will resume as follows:

Year 7	Wednesday 4th September	8.00-8.15am Arrive in school, entry via astro-pitch through the park. 12.10pm Students dismissed through the back gate back into the park to make their way home.
	Thursday 5th September	Full school day.
Years 8 - 11	Thursday 5th September	Students return for a full school day.
Year 12	Friday 6th September Monday 9th September	Orientation 8.45am – 12.00pm followed by Induction and then lessons commence.
Year 13	Monday 9th September	Full school day.
International Group	Monday 9th September	Full school day.



Please pass this on to your pupils parents & guardians



IMPORTANT!
PLEASE ORDER BEFORE
31ST JULY TO AVOID
DISAPPOINTMENT!

Please note: This date applies to schools returning at the start of September. Parents of schools with earlier return dates will need to order sooner.

The summer is finally here and although here at Stitch Design we've already built up great stock levels to ensure your order is sent out in record time, there can always be issues that are out of our control, with this in mind **please order as early as possible**, especially if your child is starting school for the first time!

Orders received prior to the end of the month will be fulfilled as priority with current stocks, so please help us to help ensure you receive your uniform before the start of term.





Thank you and have a great summer!

The Stitch Design Team



<https://www.stitchdesign.co.uk/pages/find-my-school>

If you have any queries on your order, please email **online@stitchdesign.co.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.

regenerate-london.org
@regenerate_ldn

WHAT'S ON THIS SUMMER?

For more info, contact Keira:
07394 185785
Keira@regenerate-london.org

Meeting Points:

All drop in sessions will take place at the Ashburton youth club, however trips are split between:

ASH:
Ashburton Youth Centre
Westleigh Avenue
SW15 6XD

REC:
Roehampton Rec Centre
Laverstoke Gardens
SW15 4JB

SCAN TO SIGN UP TO TRIPS:



(or go to:
[Regenerateuk.formstack.com/forms/trips](https://regenerateuk.formstack.com/forms/trips))

PLEASE NOTE:

Trips must be signed up to by 17th July. Returned deposit and consent forms are an expression of interest & don't always guarantee a space.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week 1 29th July - 2nd August	Drop In/ XO Bike Workshop 9:30AM - 4PM	Bowling Trip (ASH) 11:45AM - 4PM	Drop In/ Nail Art Workshop 3:30 - 6PM	Go Karting Trip (REC) 2:15 - 6PM	Oxygen Trip (ASH) 11AM - 4:30PM	Ninja Warrior Trip (REC) 4-6:30PM
Week 2 5th - 9th August	Drop In/ Pizza Making 3:30 - 6PM	Vauxhauil City Farm Vounteering Trip 11AM - 5:30PM	Drop In/ Regenerate Olympics 3:30 - 6PM	Go Ape Trip (REC) 12:30 - 4:30PM	Escape Room Trip (ASH) 12:45 - 5:30PM	Escape Room Trip (REC) 11:30AM - 5PM
Week 3 12th - 16th August	Drop In/ Tshirt&Tote Bag Customisation 3:30 - 6PM	Go Karting Trip (ASH) 12 - 5:30PM	Drop In/ Sculpture Workshop 3:30 - 6PM	Oxygen Trip (REC) 11:30 - 5:30PM	Beach Trip (ASH) 11AM - 5PM	Chessington World of Adventures Trip (REC) 9:30AM - 5PM
Week 4 19th - 23rd August			Community Block Party (Wanborough Drive, SW15 4AX) 3-7PM	Community Block Party (Lennox, Arabella Drive, SW15 5LL) 3-7PM	Community Block Party (Ashburton, Tildesly Road, SW15 3AU) 3-7PM	
Week 5 26th - 30th August	Wales Residential Trip (Monday - Thursday: Meeting times TBC)					 

Vaccination clinic

Missed your vaccine at school?

Visit your local community clinic to catch up with your vaccinations!

- 3-in-1 teenage booster
- MenACWY
- MMR
- HPV

Tuesday 9 July
15:30 - 18:00
St John's Therapy
Centre, SW11 1SW

Saturday 20 July
10:00 - 13:00
Fayland's Children
Centre, SW16 1SY

Friday 26 July
13:00 - 17:00
St John's Therapy
Centre, SW11 1SW

Thursday 22 August
13:00 - 16:00
St John's Therapy
Centre, SW11 1SW

Call 020 3903 3374 to book an appointment

Education Wellbeing Service Webinar

Social Media & Gaming - What Parents Need to Know

Young people are spending more and more time on social media and gaming.

This workshop talks through the relationship between mental health and different forms of screentime – some of the myths, science and also tips for how to think about and support your teen around different forms of screentime.

Education
Wellbeing
Service

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



DATE / TIME

Wednesday 31st July 2024 19:00 - 20:00
Thursday 1st August 2024 12:30 - 13:30

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

[CLICK HERE to book](#)



Education Wellbeing Service Webinar

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

Education
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Service

A Toolkit To Tackle Fears & Worries When Starting Secondary School

It can be hard sometimes to know how best to support your child's fears and worries when starting secondary school. This webinar will talk about what anxiety is, and provide a range of tools for helping with common fears and worries associated with starting secondary school.



DATE / TIME

Tuesday 20th August 12.30-1.30pm
Wednesday 21st August 7.30-8.30pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:



[Click here to book](#)

wellbeinginschoolevents@swlstg.nhs.uk



NHS Education Wellbeing Service Summer Workshops

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

Our service is running two workshops this summer for parents of incoming Year 7 students to support with their transition to secondary school, as well as parents of children 11+ on managing social media and gaming.

Social Media & Gaming - What Parents Need to Know

Young people are spending more and more time on social media and gaming. This workshop talks through the relationship between mental health and different forms of screentime - some of the myths, science and also tips for how to think about and support your teen around different forms of screentime.

Date/Times:

Option 1: Wednesday **31/07/24**
7-8pm
Option 2: Wednesday **01/08/24**
12.30-1.30pm

A Toolkit to Tackle Fears and Worries When Starting Secondary School

This session will talk about what anxiety is, and provide a range of tools for helping with common fears and worries associated with starting secondary school.

Date/Times:

Option 1: Tuesday **20/08/2024**
12.30-1.30pm
Option 2: Wednesday **21/08/2024**
7.30-8.30pm

To book on to any of these Webinars, sign up (for free) on Eventbrite by scanning the QR Code or following the link:



[Click here to book](#)

You can contact our events inbox with any queries:
wellbeinginschoolevents@swlstg.nhs.uk